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The #1 Secret To Falling In **L♥VE** p.122

seventeen

May 2007

Find Your
BEST STYLE
Inside!

**Scarlett
Exclusive!**

Her Flirting
Moves And The
Rumors
About Justin

526
**Ways To
Look
Beautiful!**

- ★ **Pretty Party Makeup**
- ★ **Celeb Style Under \$20**
- ★ **Cute Hair Ideas**

**HIS
BODY**

your most personal
questions

**Perfect
Skin Tips**

See Page 70

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ABS**

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You **MUST**
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Cheerleader Scandal:
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lash line.



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CLINICAL STUDIES REPORT

name *Andrea*

age *21*

home state *Texas*

occupation *Recent graduate*

skin type *oily and acne prone*

why did you decide to participate in this study? *I've tried everything else*

and nothing has worked, so I figured it couldn't hurt.

how do you use the system? *Twice a day, in the morning and the*

evening. I wash my face with the cleanser, then use

the lotion then blot the spot treatment on the bad areas.

It sounds like a lot, but covering up the acne is much

more work than using this system.

summarize the results you have experienced so far. *I see a big difference.*

My skin just looks so much better!

do other people notice? *Definitely! Those big red things on my*

face are gone. People look me in the eye when they

talk to me instead of staring at my zit.

will you continue using this system after the study? *Yes! This is the only*

thing that has worked for me.

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access—get deals, tips & freebies!*



New CoverGirl Keri Russell wears **clean makeup** in Natural Ivory
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May 2007

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cover look



SCARLETT'S COVER STYLE:

To get Scarlett's look, use these products by L'Oréal Paris. **Apply** True Match Super-Blendable Powder in Light Ivory. **Brush** True Match Super-Blendable Blush in Innocent Flush on apples of cheeks. **Dust** HIP High Intensity Pigments Bright Shadow Duo in Flare on lids from lashlines to creases. **Thinly line** top and bottom lashes with Microliner Ultra Fine Lining Pencil in Brownie Point. **Coat** lips once with Colour Juice Sheer Juicy Lip Gloss in Peaches-n-Crème. **Scarlett is wearing:** Dress by Maticevski. Earrings by Helen Ficalora. Necklace by Roxanne Assoulin for Lee Angel. Fashion Stylist: Nicole Chavez. Hair: David Babail. Makeup: Matthew Vanleeuwen. **PHOTOS:** Ruven Afanador.



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hi from ann

Hi!

Okay, I admit that we're a

little model-obsessed at *Seventeen* these days. In

this issue we've got the winner of our Reader Model Contest (page 132) and contestants from *America's Next Top Model* (page 76). Can you blame us for indulging in a little **model worship**? After all, they seem to have the most glamorous lives: They have perfect skin, they wear the most incredible clothes, they hang out with beautiful people (like hot *guy* models!), and they get to travel to the coolest places on earth! Now I'm not going to bore you with the details of the **unglamorous** side of it all: how hard it is to become a model, how slim the odds are that you can make a real living at it, or how warped parts of the industry are behind the scenes. (Check out the **scary** report on page 146 about how skinny models have become, and how damaging it is to them *and* to you.)

I know none of that stuff would make you less interested in models, because we all want what they seem to have: a **picture-perfect** life. But here's the secret—your life can be even *more* amazing. You can put on **gorgeous** clothes (like the cute outfits on page 124) and actually get to keep them. You can have perfect

skin (check out page 70) without it being your job to look **flawless**. And you can hang out with hot guys because you're a cool girl—not because someone's paying them to pose with you. What I really love about models is that they help us **imagine** our most wonderful life. All we have to do is go get **the real thing**! Tell me what you want most out of *your* life at **ann@seventeen.com**.

XOXO-A.

85%
of *Seventeen*
readers
want to be
models.

My mom
hates it
when I don't
smile in pics!



**SEVENTEEN
REMINDER**
Don't forget:
Mother's Day
is May 13!

more than just a pretty face!

Want someone to look up to? These models have made it big *beyond* the runway.



**Petra Nemcova
ACTIVIST**

Petra founded the **Happy Hearts Fund**, a charity that helps children who are victims of natural disasters. (She survived the tsunami in 2004.)

These pics were
auctioned to
help tsunami
victims!



**Iman
ENTREPRENEUR**

Iman is the founder and CEO of **IMAN Cosmetics, Skincare and Fragrances**, which creates makeup for multicultural skin tones. (The first company of its kind, it sold \$12 million worth of makeup in its first year!)



**Heidi Klum
MOGUL**

Heidi is the host and executive producer of **Project Runway**—not to mention a painter, clothing designer, and singer. (She released a CD single in her native Germany last year!)



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seventeen

MEET OUR READER EDITORS!

These five winners of the **Reader Editor Contest** caught our eye with their unique and creative entries! Look for their contributions throughout this issue.

STARS



"Celebs are the best convo starters. Keep that in mind when you want

to chat up a hottie. It works!"

-nada, 20, oakville, on, canada

"WHO'S THE PERFECT GIRL?" (PAGE 96)



REAL LIFE



"I love *real* stories—we can't be afraid to learn what's truly going on in the world."

-kate, 18, plymouth, wi

"THE DIRTY TRUTH ABOUT GIRLS WHO GOSSIP!" (PAGE 110)



FASHION



"Celebrities set the style—but it's up to

us to find it for less!"

-laura, 22, dover, de

"STEAL CELEB STYLE" (PAGE 42)



HEALTH



"I think food can be tasty *and* good for you!"

It's so important for us to learn how to take care of our bodies."

-shelina, 17, arcadia, ca

"WANT TO VEG OUT?" (PAGE 92)



FASHION



"Fashion is the most fun way to express yourself—you can make yourself over and be someone new every day of the week!"

-nicole, 23, san jose, ca

"WALK THIS WAY!" (PAGE 28)



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1

High-top
Chucks from
CONVERSE
{kick}

2



Plaid peep-toe
stilettoes from Bakers
{sashay}

3



Star slingback
flats from Delia's
{jump}

4



Zebra-striped
flats from Me Too
{shimmy}

5



Gold sandals
from Bernardo
{glide}

6



Red slingback
wedges from Bakers
{stomp}

7



Striped athletic
flats from Gola
{march}

8



Skull flip-flops from
DVS Shoe Company
{saunter}

9



Magenta slip-ons
from Etnies Girl
{stroll}

10



Yellow stilettos
from Alloy
{strut}

11



Green peep-toe slingback
flats from Me Too
{prance}

12



Leopard peep-toe
flats from BC Footwear
{twist}

13



Chocolate-brown
flip-flops from Bernardo
{slide}

14



Teal heart-and-bow
flats from Delia's
{skip}

15



Lilac Mary Jane
sneakers from Tsubo
{chase}

16



Floral peep-toe
platform stilettoes from
Sergio Zelter
{pace}

17



Maroon flats
from Draven
{leap}

18



Khaki slip-ons
from Unionbay
{jog}

19



Yellow peep-toe
Classified platforms
from lovelymyshoes.com
{stand}

20



Pink skull
slip-ons from Draven
{mosh}

21



Red Restricted
ballet flats from
lovelymyshoes.com
{twirl}

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Navy polka-dot flats
from BC Footwear
{dash}

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Floral slingback
flats from Report
{sprint}

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Plaid platforms
from Rocket Dog
{wander}

25



White polka-dot sneakers
from Etnies Girl
{run}

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Pink checkerboard
slip-ons from Vans
{rush}

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from Rocket Dog
{hike}

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from Soda
{combat}

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Rainbow wedge
platforms from Klub Nico
{groove}

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Tokyo flats
from Rocket Dog
{spin}

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Plaid flats
from Report
{walk}

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HOT TOPICS
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what you think!

Here's what you liked
(okay . . . and *didn't* like!)
about our March issue.

WANT MOORE?



I literally jumped for **joy** when I saw Mandy on the cover! It's great that you featured someone who is not in the **news** every night for her personal problems. I love Mandy and the fact that she's real. She's **inspiring** because she fully accepts her body. When I think, Gosh, I wish I were a **size 2**, I realize that your size *doesn't* determine if you are going to become somebody. Thanks!

brooke, 15, cut off, la

I **can't** believe you put Mandy Moore in your March issue. Here she is, putting down Nicole Richie to get attention, and then she goes and dates Nicole's ex for the **same** reason. All that girl wants is **publicity**—but the truth is, her 15 minutes of fame are up.

schylar, 16, corsicana, tx

COMMENT OF THE MONTH

STEPHANY



2/19/07 10:23 P.M.

“ I have many friends from different cultures. When I saw the article “Don't Judge Me,” I felt more connected to my peers. Thank you. ”

(myspace.com/watcheseverything)

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WORDS THAT HEAL



I want to thank you for including the article “Words That Hurt” in your March issue. I had been in a very similar relationship for the last several months and was dying to **get out**, but I didn't know where to start. Like Sara, I needed extra help from someone besides my family and friends. When I saw the **loveisrespect.org** site at the bottom of the page, I immediately went to it for more information. Turns out, I was in an emotionally **abusive** relationship with strong potential for physical abuse. I chatted online with someone and received help. This abuse happens way more often than people think it does. Your article has probably saved me from a lot of physical and emotional pain in the **future**. Thank you.

kristie, 17, kansas city, mo

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Our patented streak-free brush is flat, not round. So colour goes on faster. Smoother. In 45 high-gloss shades.

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#410 Mango-
Get-Em

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17 UPDATE

Last July, *Seventeen* ran a story (right) about 19-year-old **Suzanne Gonzales**, a girl who took her own life after getting encouragement to do so from an online **suicide** support group. Suzanne's parents have been working hard since her death to make sure another family won't have to **endure** the same pain they have. On February 22 their congressman introduced the Suzanne Gonzales Suicide Prevention Act of 2007. The Gonzales family will continue lobbying, and they hope to **one day** see Suzanne's bill passed into law.



BROTHERLY LOVE

Thank you, *Seventeen*, for the opportunity you gave me to be in February's "The Best Bargain Cuts" story. While you were setting up places for me to get my hair cut, my brother, Ryan, was battling **cancer**. Ryan knew that my **dream** is to become a model. One day I was on your Web site showing him all the different contests and ways a reader can be in the magazine. He told me that sending in a submission couldn't **hurt**, but I never did. Little did I know, Ryan would send one in for me. He was so determined to see my dreams come true. I got your call after school one day and was super-confused and **surprised** about how I got this



Her brother, Ryan, with Lance Armstrong.

wonderful chance to be in the magazine. Ryan was so happy for me. Unfortunately he passed away on December 1, and even though he didn't see me in *Seventeen*, the story is a reminder of what an incredible **guy** Ryan truly was.

My brother did everything he could to get the word out about childhood cancer. He was the spokesperson for the Time to Fly

Walk/Run, and an honorary chair for Relay For Life, and he did numerous commercials for **childhood** cancer awareness and so much more. His **story** touched many famous actors, singers, and athletes too. Alanis Morissette visited Ryan and was so moved by him that she gave my brother her guitar. John Ondrasik from Five for Fighting asked fans to pray for Ryan. Even **Lance Armstrong** found Ryan's story so inspirational that he requested to meet my brother! I hope that Ryan's dream one day comes true: to find a cure for childhood cancer.

alicia, 17, eden prairie, mn



17 wireless poll

Have you ever had a **crush** on your guy's friend?

76% yes
24% no

17 FYI You can help make Ryan's dream of a cure a reality! For more information, contact the American Cancer Society by calling **800-ACS-2345** or by logging on to **cancer.org**.

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Color that's intensified
so it always goes on true.
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Aren't you worth it?



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PARIS

Scarlett is wearing blush #888, shadow #404,
shadow pigment #918 and lip gloss #438.
For more color advice visit www.hipcolor.com
© 2007 L'Oréal USA, Inc.

fashion



show off *your* shoes!

When you get new shoes, you need the perfect outfit to go with them. These tips will make you look cute—from toe to head!

THE TREND

patterned slip-ons

Play with patterns, but make sure only your shoes have a **bright print**, so you don't look nutty!



tank Sizes XXS-L, So Low, \$56, solowstyle.com.
capris Sizes 2-16, Arizona by JCPenney, \$34, JCPenney.
bracelets Forever 21, \$4 for set of six, Forever 21 stores and forever21.com.
belt Sizes S-XL, Kmart, \$10, Kmart stores.
shoes Sizes 5-13, Payless Airwalk, \$18, select Payless ShoeSource stores and payless.com.

PHOTOS: DAVID ROEMER, STYLING: EDITOR, JESSICA MORBER, HAIR: RAD AZAR FOR FORD ARTISTS INC., MAKEUP: VICTORIA BOWERS FOR NARS/CITY ARTISTS MANAGEMENT, MANICURE: YUKO WADA FOR PRITI ORGANIC SPA, ON ASHLEY: ("PATTERNED SLIP-ONS") NECKLACE, GIRLPROPS; ("BRIGHT SANDALS") BRACELETS; ("PATENT SLINGBACKS") NECKLACE; FOREVER 21; BELT; METALLIC WEDGES; FOREVER 21.

WEB EXTRA

Do celebs choose the right shoes? Rate their looks at seventeen.com/shoes.

THE TREND

bright sandals

Wear accessories in the **same color** as your shoes to coordinate your look in a playful way.

tunic Sizes XS-L, Victoria's Secret PINK, \$27, vspink.com.
jeans Sizes 25-32, Soundgirl, \$58, karmaloop.com.
necklaces Forever 21, \$6 each, both at Forever 21 stores and forever21.com.
belt Sizes S-L, Wet Seal, \$11, Wet Seal stores.
shoes Sizes 6-10, Delia's, \$24, delias.com.

“Shoes can instantly change your whole vibe—they either make or break an outfit!”

—ashley, 18

THE TREND

patent slingbacks

Work these flashy heels with **laid-back pieces**—so you look *sweetly sexy*.

THE TREND

metallic wedges

Feel free to mix **metallic tones** (like gold shoes with a bronze belt) to make a simple outfit partyworthy!

tank Sizes XS-L, To the Max, \$88, select Dillard's.
shorts Sizes 0-13, Rampage, \$36, rampage.com.
necklaces Gold necklace, \$3, and leaf necklace, \$3, both Forever 21, Forever 21 stores and forever21.com.
belt Sizes S-L, Capelli New York, \$12, 800-789-9091.
shoes Sizes 6-10, Charlotte Russe, \$23, Charlotte Russe stores.

shirt Sizes S-L, Soundgirl, \$48, thegiantpeach.com.
skirt Sizes 0/1-13/14, Rue21, \$20, Rue21 stores.
bracelets Claire's, \$5 each, both at select Claire's stores.
shoes Sizes 6-11, Sbicca, \$50, Goody's stores and shopgoodys.com.

the runway report

Life can seem like one big catwalk—so make sure you're wearing great shoes! These designer-y styles are as cute as they are affordable.

pointy flats



BEHNAZ SARAFPOUR

The sharp shape of this shoe balances a swingy coat.

patent
Sizes 6–10,
Shiekh, \$30,
shiekhshoes.com

Try bold leopard print with bright, solid-colored clothes!



leopard-print
Sizes 5–10,
Charles Albert,
\$20, Urban
Outfitters stores

WIN!



buckled
Sizes 5–11, Aldo, \$80,
aldoshoes.com

t-strap thongs



ADAM + EVE

These super-flat soles make ultrashort shorts look cute—not trashy!

The little jewels make these thongs dressier.



metallic
Sizes 5–10,
Bamboo, \$27,
gojane.com



jeweled
Sizes 5–11, Marc
Fisher, \$69, Macy's



studded
Sizes 5½–11, Oh...
Deer!, \$85,
shopkitson.com



Zoe [21 May 2007/01:37pm]

Hi Riles. 2day is glr e us. Sun is shng. C is clm,
sky is blu, I hpe u r not 2. LOL. I m a poet, n I kno it.
Wht r u guys do n lber? Me n S wanna mt for a mocha.
Whrs yr head @? Leme kno swe T. I'll c u whn I c u.
Pce + luv + hugz, Z.

AMERICAN RAG Cie 1984
Be. Your. Self.

peep-toe platforms



suede
Sizes 5-11, Nine West,
\$79, Nine West stores
and ninewest.com



The woven sole gives these black heels a lighter, summery feel!

WIN!

striped
Sizes 5½-10, Bumper,
\$21, gojane.com

shiny
Sizes 5-11, Guess?
Shoes, \$110, guess.com

This ladylike peep-toe style works perfectly with a pretty dress.

DIANE VON FURSTENBERG

lace-up espadrilles

navy
Sizes 6-11½,
Mossimo for
Target, \$25,
Target stores

Wrap the laces around your ankles only—tying them all the way up your legs looks cheesy!

yellow
Sizes 5½-10,
Classified, \$26,
mandee.com

These shoes look great both at the beach and on the street!

HERMÈS



red
Sizes 5½-10,
Rampage Footwear,
\$60, rampage.com

DIANE VON FURSTENBERG: (MAIN) MCV PHOTO; (INSET) IMAXTREE.COM; HERMÈS: (MAIN) MCV PHOTO; (INSET) IMAXTREE.COM



a new fragrance

ck
one
summer

Calvin Klein

walk *this* way!

READER EDITOR

"I love heels, but wearing them was a nightmare. I got us some help!" —nicole, 23



Ready to rock your high heels with grace and confidence? Here's how.

POSTURE	STEPS	MOVEMENT	STRIDE
<i>shoulders back</i> “With really high heels, I always use thin heel insoles to keep my feet from sliding forward!” —christine, 20 how-to: Keep your head high, and arch your back a bit. (Don't lean forward!)	DON'T step with toes first—your heel is more secure! how-to: Put your foot down heel first, then shift weight to the ball of your foot.	<i>lead with your hips</i> how-to: Move hips slightly from side to side—like you're using a hula hoop.	DON'T take long steps or you'll lose your balance. how-to: Take smaller steps than usual, feet angled a bit away from each other.

READER EDITOR-TESTED!

1 chunky heel

shoes Sizes 5–11, Nine West, \$79, Nine West stores and ninenwest.com



“Thick heels feel sturdy—not like I’m walking on stilts!”

“The platforms bring up the front of my feet so the heels don’t feel so high.”

2 platform

shoes Sizes 5–11, Colin Stuart for Victoria's Secret Catalogue, \$69, Victoria's Secret Catalogue and victoriassecret.com



“The straps secure the shoes to my feet—they’re easy to dance in!”

3 ankle strap

shoes Sizes 6–10, Forever 21, \$23, Forever 21 stores and forever21.com



WEB EXTRA

Want more? See tons of other cute heels at seventeen.com/heels.

Tall girls wear heels too!



Nicole Kidman and Keith Urban

HEEL, YEAH!

Even if your guy is shorter than you, don't be afraid to wear heels!



* Buy one Get One Free Offer valid on "Chica" style sandals only. Offer not valid for in store purchase or in conjunction with any other offer. Offer only valid for www.shiekhshoes.com internet orders.



Buy one www.shiekhshoes.com
get one free
use promo code: seventeen



the cutest sneakers

The secret to looking your best is pretty "sneaky."
But here are 15 ways to help you figure it out!

WEB EXTRA
What pair do you like best? Vote for your favorite sneakers at seventeen.com/shoobox.

Scarlett Johansson helped design these!

WIN!

WIN!

WIN!

WIN!

WIN!

Go retro—the velcro totally brings back the '80s!

WIN!

WIN!

WIN!

WIN!

WIN!

WIN!

Tap into your inner rocker with tattoo-inspired graphics.

1. striped

Sizes 6–11, K-Swiss, \$65, finishline.com.

2. jungle

Sizes 3–13, Converse, \$60, converse.com. **3. red** Sizes 5–12, Scarlett "Hearts" RBK for Reebok, \$85, reebok.com. **4. city** Sizes 6–11, L.A.M.B. Footwear, \$99, lambshoes.com.

5. Velcro

Sizes 4–14 (unisex), Onitsuka Tiger, \$80, onitsukatiger.com. **6. woven** Sizes 5–11, DVS Shoe Company, \$54, zappos.com.

7. turquoise

Sizes 4–11, Etnies Girl, \$59, etniesgirl.com. **8. illustrated** Sizes 6–11, Nike, \$50, Finish Line stores and finishline.com.

9. hip-hop

Sizes 5–10, Adidas Respect ME by Missy Elliott, \$80, shopadidas.com. **10. nylon** Sizes 5–11, Diesel, \$85, diesel.com and zappos.com.

11. silver

Sizes 6–10, Gola, \$800, 800-979-GOLA. **12. skulls** Sizes 5–11, Vans, \$40, vans.com. **13. tattooed** Sizes 5–11, Red by Marc Ecko, \$65, soholab.com.

14. elastic

Sizes 5–11, Kangaroos, \$60, select Macy's and zappos.com. **15. patchwork** Sizes 5–11, Keds, \$45, keds.com.

Check out this limited-edition color combo!

This pair adds an adorable touch to a solid cami and denim mini.



Madikwe Game Reserve, SOUTH AFRICA 10.15.06 10:58

CARSON PIRIE SCOTT demo DILLARD'S EPIC MACY'S WWW.ROCAWEAR.COM

ROCAwear

World Tour





yikes!

Which celeb needs a pedi?
Make your guess
at seventeen.com/feet.

WEB EXTRA

Get your feet
sandal-ready with
our pedicure tips at
seventeen.com/pedi.

best foot forward

A great pedicure can make cute sandals look even *better*.
Get inspired by these celebs and you'll look toe-tally hot.

RACHEL BILSON



sandals
Sizes 5½-10, GoJane,
\$15, gojane.com



nail polish
NARS nail polish in
Jungle Red, \$15,
narscosmetics.com

KRISTIN CAVALLARI



espadrilles
Sizes 6-10, MIA
Shoes, \$49,
zappos.com



nail polish
Revlon Dark Pleasures
in Patent Leather, \$7,
drugstores

BEYONCÉ KNOWLES



peep-toes
Sizes 5-11, Guess?,
\$110, Guess? stores
and guess.com



nail polish
N.Y.C. New York Color
Cosmetics Nail Glosses in
223, \$2, drugstores

EVA LONGORIA



flip-flops
Sizes 6-10, Capelli New York,
\$15, 800-789-9091



nail polish
CoverGirl Boundless
Color in White Night,
\$4, drugstores

STILL LIVES OF SHOES: KEVIN SWERLEY/STUDIO D. STILL LIVES OF STYLING: CHRISTINA HURLEY. NAIL POLISH DOLLOPS:
PHILIP FREEMAN/STYLING WEST. PHOTO GETTY IMAGES. BILSON: JEFFREY MATTIA/GETTY IMAGES. SPUSH NEWS.
CAVALLARI: DEVAN/INFOSOF.COM. KNOWLES: ROGER WONG/INFOSOF.COM. LONGORIA: EL WOODY/SPASH NEWS.



® B A N B O O



top Sizes XS–XL, Roxy, \$42, Quiksilver/Roxy stores



MY MODEL-CONTEST ENTRY



“When I want to look flirty, I usually like to dress up!”

—Kasia, 18



earrings Betsey Johnson, \$48, select Macy's

dress Sizes XS–XL, Hurley, \$54, Nordstrom and select Macy's.
necklaces Clear heart necklace, Forever 21, \$6, Forever 21 stores and forever21.com; silver heart necklace, T.J. Maxx, \$15, T.J. Maxx stores.
bracelets Clear beaded bracelets, Icing, \$5 for set of three, Icing stores; charm bracelet, Forever 21, \$5, Forever 21 stores and forever21.com.
sandals Sizes 6–10, Report Signature, \$110, select Macy's.



flirty

ELEMENTS OF STYLE



top Sizes S–L, Charlotte Russe, \$23, Charlotte Russe stores



This neckline shows off just enough skin!



WEB EXTRA
What should you wear today? We'll help you figure it out at seventeen.com/quizzes.

what's your mood?

Let your clothes do the talking—express yourself with what you wear, like these girls do! (PS: They're also the **Seventeen Reader Model Contest** finalists. See the winner on page 132!)

dress Sizes S–XL, Maurices, \$44, Maurices stores



bracelet Forever 21, \$5, Forever 21 stores and forever21.com

clutch Rampage Handbags, \$28, rampage.com

Gold accents spice up this sweet white clutch.



wedges Sizes 5½–11, Oh...Deer!, \$100, ohdeershoes.com



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earrings Claire's, \$7, Claire's stores

playful

MY MODEL-CONTEST ENTRY

"I wear bold colors and big jewelry when I'm in a fun mood!"

-angie, 16



WIN!

top Sizes S-XL, Arizona by JCPenney, \$18, JCPenney

A flowing shirt with tiny hearts feels so carefree!



wallet Fred Flare, \$20, fredflare.com



wedges Sizes 6-11, Delia's, \$29, delias.com

A bright belt with polka dots adds a funky element to any solid shirt.

belt Sizes S-L, Rue21, \$7, Rue21 stores



WIN!

GO TO SEVENTEEN.COM/FREEBIES OR PAGE 153 FOR DETAILS.

top Sizes S-XL, Sour Pop, \$23, alloy.com.
tank (underneath), sizes XXS-L, So Low, \$56, Bloomingdale's and solowstyle.com.
necklaces Green necklace, Buckle, \$10, select Buckle stores and buckle.com; red necklace, \$8, and orange necklace, \$11, both Forever 21, Forever 21 stores and forever21.com.



necklace Charlotte Russe, \$7, select Charlotte Russe stores



WIN!

dress Sizes S-L, B.B. Dakota, \$48, Nordstrom



shorts Sizes 0-13, Mudd, \$25, Kohl's

TURN for more looks! ➔

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Only Stridex Power Pads give you the proven acne-fighting power of benzoyl peroxide in a non-prescription pad.

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hoodie Sizes S–XL, Rue21, \$20, Rue21 stores



WIN!

MY MODEL-CONTEST ENTRY

“Sometimes I have so much energy—that’s when I need clothes I can move in!”

—caitlyn, 16



hat American Eagle Outfitters, \$18, ae.com



Flaunt your spirit with a cool logo baseball hat.

bag Harajuku Lovers, \$80, Macy’s



energetic

top Sizes XXS–XXL, American Eagle Outfitters, \$30, American Eagle Outfitters stores.

t-shirt (underneath), sizes S–L, Alternative, \$40, alternativeapparel.com.

shorts Sizes 4–18, Attention for Kmart, \$20, Kmart stores.

necklace M. Haskell, \$22, Nordstrom.

sneakers Sizes 3–17, Converse, \$42, converse.com.

necklace Sammylicious, \$12, fredflare.com



WIN!



A track jacket in a crazy-bright color shows your adventurous side!

jacket Sizes S–L, American Apparel, \$54, americanapparel.net

headband Hullabaloo, \$8, shophullabaloo.com



shorts Sizes XS–L, Victoria’s Secret PINK, \$25, vspink.com



sneakers Sizes 5–11, Skechers Cali, \$39, Macy’s and skechers.com



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* Visit www.DriversEd.com and find out what we have to offer in your state.
For eScrip Families: 5% of your tuition will be donated to your school or group.





visor
Rue21, \$7,
Rue21 stores

edgy



dress Sizes S-L, Freshwear by Buckle,
\$30, Buckle stores

sweater Sizes S-L, GoJane, \$30, gojane.com.
t-shirt (underneath), sizes S-L, B.B. Dakota, \$28, Up Against the Wall stores.
jeans Sizes 2-16, Metro7, \$25, Wal-Mart stores.
earrings K + K Creative for Windsor, \$8, Windsor stores.
necklace K + K Creative for Vanity, \$11, Vanity stores.
belt Sizes S-L, Forever 21, \$13, Forever 21 stores and forever21.com.
bracelets White beaded bracelet, Claire's, \$5, Claire's stores; black bracelet and clear bracelet, K + K Creative for Vanity, \$7 each, Vanity stores.



MY MODEL-CONTEST ENTRY



“On days that I feel more daring than usual, I want to dress that way too!”

—amber, 14



necklace
Guess?, \$28,
guess.com

Bold pieces of jewelry amp up your edgy style.



t-shirt Sizes XS-XL, Jimmy's, \$25, Jimmy's stores

The peckaboo toe is a unique twist on Mary Janes!



ring Forever 21, \$4, Forever 21 stores and forever21.com



peep-toes
Sizes 6-10, Forever 21, \$23, Forever 21 stores and forever21.com



bag Aldo, \$25, aldoshoes.com



headband Wet Seal, \$6, Wet Seal stores



Dark, oversize sunglasses give your look instant intensity.

sunglasses Metro7, \$15, select Wal-Mart stores



JOUJOU[®]

READER EDITOR

"I chose these pieces because bright colors are so hot in Hollywood right now!" -laura, 22



\$5

headband
Wet Seal, \$5,
Wet Seal stores



WIN!

SUPER SHOPPER



Paris Hilton



Mischa Barton



WIN!

\$17

bikini
Sizes S-L, Marshalls,
\$17, Marshalls
stores

steal celeb style

All you need is \$20 to look
like you're worth a million!
(Eat your heart out, Paris.)

**\$20
& under**



WIN!

\$10

tank
Sizes S-L, Charlotte
Russe, \$10, select
Charlotte Russe stores



Cassie



WIN!

\$15

bracelet
Charm It! Hello
Kitty by High
Intencity, \$15,
Nordstrom



Kimora
Lee
Simmons

WEB EXTRA

Shop for
more bargains
from your favorite
brands at
[seventeen.com/
shopping](http://seventeen.com/shopping).

\$4

earrings
Rue21, \$4, select
Rue21 stores



WIN!



Fergie



WIN!

\$20

heels
Sizes 6-10,
Wild Diva, \$20, select
Deb stores



Nicky Hilton

WIN!

GO TO SEVENTEEN.COM/FREEBIES OR PAGE 153 FOR DETAILS.

hanging out, hanging on, #2 pencils, #1 priorities, laughs, cries, rumors, realities, At's, D-'s, best friends,

Memories of good times, bad times, hook-ups, break-ups, truths, dares, GPAs, LOLs, cramming, crushing,

kated rivals, parties, pranks, the big game, The Great Gatsby, first kisses, last hurrahs...

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cars

SAVE!

THIS SYMBOL
MEANS THERE'S
A COUPON ON
PAGE 49.

Drive smart (and look hot!) on *any* budget—these amazing cars, accessories, and services are all you need.

PRETTY KITTY

PlastiColor Hello Kitty floor mat, \$25–\$30, **Hot Topic** stores

If you buy the matching Hello Kitty wheel cover and seat too, it might be cuteness overkill. But this adorable floor protector is just right.



NEED TO SAVE?



Avril Lavigne
is said to drive
a practical Jeep.



4-DOOR 4X4 4 U

2007 Jeep Wrangler Unlimited Rubicon, starts at \$29,500, **jeep.com**

In the winter use the hard plastic top to keep you toasty—remove it in the summer to let everyone see you jetting around!



SOLID SEDAN

2007 Ford Fusion, starts at \$17,995, **ford.com**

This sturdy but sporty-looking four-door has tons of room to schlep your stuff from your parents' house to the dorm—and you'll be proud to park it in the company lot when you land a great internship.



FLOWER POWER

SAVE! ClearVue window graphics, \$100 and up, **clearvuegraphics.com**

Give the guy behind you a great view—these see-through window covers are like art for your car.



BYE-BYE, BIRDIE

SAVE! Grumpy Girl Auto Bird Turd Emergency Kit, \$29, **grumpy-girl.com**

Park under any tree you want—this ingenious kit helps you clean up after a Tweety bird ruins your windshield.

HOT RIDE

2007 Saturn Sky, starts at \$25,325, **saturn.com**

You *could* spend over \$100,000 for a Ferrari. Or you could get this gorgeous convertible and look just as good—but *feel* a whole lot smarter!



Wanted®



Visit us online at

www.wantedshoes.com

or at a store near you!

SWEET SPORTS CAR

2008 BMW 3 Series Convertible, starts at \$43,975, bmwusa.com

The car of choice for celebs and *My Super Sweet Sixteen* birthday girls just got a little sweeter: It's the first Beemer to come with a retractable hard top.



**READY TO
SPLURGE?**



Lindsay Lohan
drives a pimped-out
Mercedes-Benz SL65.

COUTURE KEYS

Coach Flower Key Chain, \$58, 866-262-2440

Even if your car keys aren't for a Bentley, don't they deserve to look luxe?



DELUXE RIDE

2008 Mercedes-Benz C-Class, starts at about \$35,000, mbusa.com

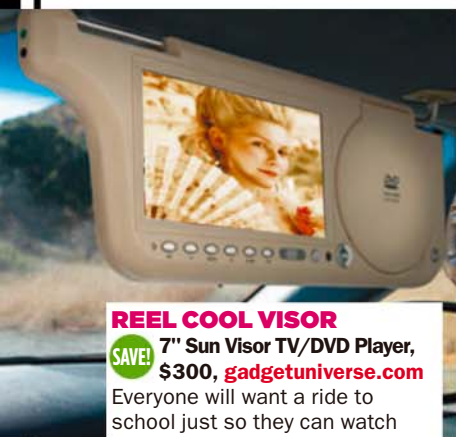
Your friends will see all the fancy bells and whistles (and the hood ornament) of an expensive Benz—but the fact that this model didn't cost you \$100,000 can be your little secret.



JUST CHILL

Hot + Cold Mini Fridge, \$100, sharperimage.com

Turn even your parents' clunker into a mobile party with this fridge that plugs into your dashboard socket—it keeps drinks and snacks cool or warm.



REEL COOL VISOR

SAVE! 7" Sun Visor TV/DVD Player, \$300, gadgetuniverse.com

Everyone will want a ride to school just so they can watch flicks in the passenger seat. (But keep your eyes on the road!)



SUV WITH A KICK

2008 Porsche Cayenne, starts at \$42,200, porsche.com

Like any Porsche, this baby can go from 0 to 60 in 8.5 seconds. But this luxury car will also get you safely through a blizzard—and any off-road adventures your kooky friend talks you into.

Moves by the Knowles.
Body by milk.



Take it from my sister and me, when you look and feel your best, it shows. Some studies suggest teens who choose milk tend to be leaner, plus the protein helps build muscle. Staying active, eating right, and drinking 3 glasses a day of lowfat or fat free milk instead of sugary drinks helps you look your best. Talk about working it.

got milk?

www.bodybymilk.com

BEYONCÉ AND SOLANGE KNOWLES © 2007 AMERICA'S MILK PROCESSORS



HOME PLATE

Special interest license plate, around \$50, dmv.org
Prettify the earth and your bumper with a donation to your pet cause.



LOVE THE PLANET?



Kirsten Dunst drives an eco-friendly Toyota Prius hybrid.



\$LEEK NEW HYBRID

2007 Nissan Altima Hybrid, starts at \$24,400, nissanusa.com

This gas-and-electric hybrid looks great, but the real beauty in it is this: Because you're helping the earth, you're eligible for a \$2,350 federal tax credit after you buy it!



AMAZING GAS SAVER

2007 Toyota Yaris, starts at \$11,150, toyota.com

Not only is this well-built compact car a great value, but it also gets 34 to 40 miles per gallon on fuel, so you can breathe easier about your impact on the environment.

ROUTE TRIMMER

Garmin StreetPilot i5 GPS system, \$350, [Best Buy stores](http://BestBuy.com)

You'll never waste gas again with this GPS console that shows you the quickest route.



ECO-FRIENDLY SUV

2008 Mercury Mariner Hybrid, starts at \$26,430, mercuryvehicles.com

If your heart is set on an SUV but your head can't rationalize gas-guzzling, check out this truck that consumes only as much fuel as a compact car.



CLEAN GREEN

Ecover All Purpose Cleaner, \$4, [Whole Foods Market stores](http://WholeFoodsMarket.com)

Spray this plant-based formula to de-grime your car without emitting toxic chemicals.



NEED A HAND?

Whether you're buying or in a bind, here are the folks who can help!



LEMON AID

SAVE! CARFAX Vehicle History Reports, \$20 and up, carfax.com. They'll research the ID number of any used car to make sure the seller hasn't lied about its accident history or rolled back the odometer to fool with the mileage.

MAINTENANCE WITH CLASS

SAVE! Pep Boys, pepboys.com. When you take your car to one of their locations for an oil change or tune-up, you'll get 2 percent of your purchase back toward your college fund because they're part of the Upromise network!



Kate Moss could have used a little help!

ECO-FRIENDLY SOS

SAVE! Better World Club, one-year membership starts at \$54, betterworldclub.com. Not only does this service offer 24/7 roadside assistance, but it also gives discounts on travel services to eco-friendly resorts and hybrid cars, and donates 1 percent of revenues to environmental cleanup organizations.

car deals

WEB EXTRA
Keep your record spotless with our super-easy driving tips at seventeen.com/cars.

seventeen reader reward

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ClearVue
GRAPHICS
See-Through Window Graphics

Receive \$17 off your purchase of ClearVue window graphics at clearvuegraphics.com.

Enter promotional code **Seventeen** at checkout at clearvuegraphics.com. Expires 5/7/07.

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Receive 20% off your purchase of an Auto Bird Turd Emergency Kit at grumpy-girl.com.

Enter promotional code **Seventeen** at checkout at grumpy-girl.com. Expires 5/7/07.

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Receive 20% off your purchase of the 7" DVD Visor and all other items at gadgetuniverse.com.

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20% off

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VEHICLE HISTORY REPORTS

Receive 20% off your purchase of CARFAX Unlimited History Reports at carfax.com.

Go to carfax.com/seventeen for full coupon details, terms, and conditions. Expires 5/7/07.

seventeen reader reward

10%-15% off

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Advocacy | Insurance | Travel Services

Receive 10% off your purchase of a Basic membership or 15% off a Premium membership from betterworldclub.com.

Enter promotional code **SVNT2121** for a Basic membership or **SVNT2827** for a Premium membership at betterworldclub.com. Not valid for residents of Alaska or Canada. Expires 5/7/07.

seventeen reader reward

\$5 off

PEPBOYS
AUTO
Parts, Service and So Much More

Receive \$5 off any retail or service purchase of \$25 or more at **Pep Boys**.

Present this coupon at any participating Pep Boys store (find locations at pepboys.com). Offer excludes tires. Minimum purchase of \$25. A shop supply charge of 6% up to \$25 may be applied to certain services. Each individual work order will identify any applicable shop supply charge. Shop supply charge does not apply in NY, NJ, or CA. Expires 5/7/07.



beauty

“This look is all about mixing fun, unexpected colors.”

—Gordon Espinet, M.A.C.
lead makeup artist

MAIN PHOTO: MICHAEL WIRTH. “GET THE LOOK” PHOTOS: SARRA FLEUR ABOL EL-HAJ PHOTOGRAPHY.
MAKEUP: KEINO HIRAMOTO. STILL LIFEST: CHRIS ECKERT/STUDIO D. EMANUEL LONGARO: MCV PHOTO.
GORDON ESPINET IS THE VICE PRESIDENT OF MAKEUP ARTISTRY FOR M.A.C. COSMETICS.



Emanuel Ungaro

try eye candy

Have a little fun with your makeup! Pair two different-colored liners for major eye appeal. **BY** desi gallegos

get
the look



EYESHADOW

HOW-TO: Dust a light, pearlescent powder along your browbones and at the inner corners of your eyes. This will create a neutral background to make the liner pop.

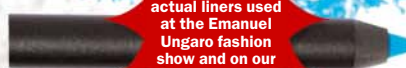
try: Maybelline New York Shadow Stylist Loose Powder in Contemporary White, \$7, drugstores



TOP LINE

HOW-TO: Trace a medium-thick line along your top lashes with the brighter color. Follow the natural shape of your eye, and make sure the line is *right* at your lashes.

try: M.A.C Powerpoint Eye Pencil in Out To Sea, \$14, maccosmetics.com



17 FYI

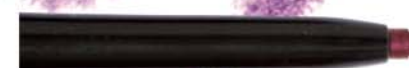
These are the actual liners used at the Emanuel Ungaro fashion show and on our model (left)!



BOTTOM LINE

HOW-TO: Draw a thinner line of the darker color all the way along your bottom lashes until it meets the top line. Fix any smudges with a cotton swab dipped in makeup remover.

try: M.A.C Technakohl Liner in Purple Dash, \$15, maccosmetics.com



try more
color combos



lime + white

try: (on upper lids) N.Y.C. New York Color Cosmetics Miss Sparkle Highlighter Pencil, \$3, drugstores; (on lower lids) Flirt! Look of Love Eye Pencil in Enchantmint, \$10, Kohl's



lavender + silver

try: (on upper lids) CoverGirl Eyeslicks in Sheer Shiver, \$8, drugstores; (on lower lids) Urban Decay 24/7 Glide-On Eye Pencil in Dime, \$15, Sephora stores



emerald + navy

try: (on upper lids) Stýli-Style Line & Seal 24 in Jade, \$6, drugstores; (on lower lids) Rimmel SpecialEyes Eye Liner Pencil in Big Blue, \$3, drugstores



sky blue + bronze

try: (on upper lids) Prestige Soft Blend Kohl Eyeliner in Powder, \$5, drugstores; (on lower lids) Revlon Luxurious Color Eyeliner in Sueded Brown, \$10, drugstores

WIN!

GO TO SEVENTEEN.COM/FREEBIES OR PAGE 153 FOR DETAILS.

WEB EXTRA

See more hot eye-makeup trends at seventeen.com/eyes.

gorgeous party looks

Whether you're headed to prom or just a hot night out, makeup whiz **Carmindy** creates *your* perfect face! **BY** desi gallegos



WIN her book!

fair skin:

sweet

step 1

Swipe loose iridescent powder along your eyelids, then dust it along the top of your cheekbones, blending it up to your temples.

try: N.Y.C. New York Color Cosmetics Sparkle Eye Dust in Opal Sparkle, \$4, drugstores



try: Jane EyeZing in Sungloss, \$3, drugstores

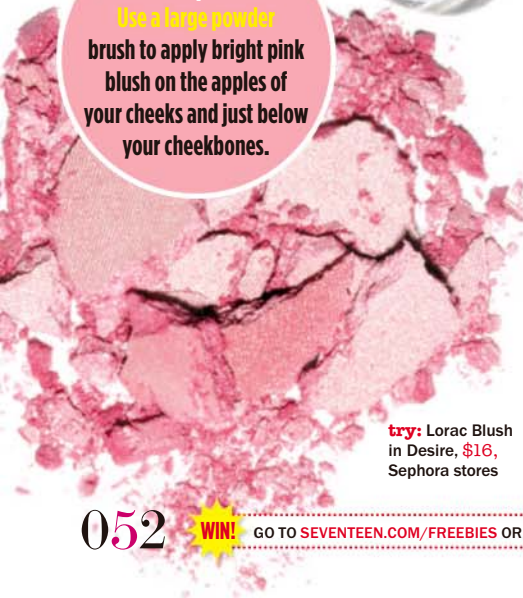
step 2

Blend shimmery taupe eyeshadow along the creases of your eyelids and your lower lashlines.

step 3

Use a large powder brush to apply bright pink blush on the apples of your cheeks and just below your cheekbones.

try: Lorac Blush in Desire, \$16, Sephora stores



try: Rimmel Sweet Jelly Gloss in Moreish, \$6, drugstores

step 4

Slick sheer cotton candy-pink gloss onto your lips, starting in the center, then working your way to the corners.



YOUR INSPIRATION

Copy **Sienna Miller's** dewy skin and just-pinked cheeks to look angelic and fresh.

SEA BREEZE[®]

Actives

Still missing out on clear skin?

It could be what your *cleanser* is missing.



Deep Clean-
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and breakouts

Sensitive Skin-
Clean and refresh
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Clear blackheads
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and breakouts

Sea Breeze Actives combines exhilarating botanical clarifiers like clove and eucalyptus with the only proven oil-buster plus the #1 recommended acne treatment. So you can sweep away pore-cloggers, wipe away oil and clear up blemishes in one quick step. No cleanser or scrub can do what Sea Breeze can. No wonder it's #1 with beauty pros. Clearer skin in one step? It's a breeze.

deep skin:

glam

step 1

Use a damp eyeshadow brush to apply silver shadow to your lids from the lashlines to creases.

try: Bourjois Eye Shadow in Argent, \$14, Sephora stores

step 2

Dust raisin-colored powder blush onto your cheekbones and up toward your temples with a large blush brush.

try: Black Radiance Blush in Spiced Ginger, \$4, drugstores

step 3

Apply one coat of black mascara to your top lashes only—they'll really pop against the silver shadow!

try: Physicians Formula Mineral Wear Mascara in Black, \$8, drugstores

step 4

Slick a sheer and shimmery mocha-colored gloss all over your lips to give them a sexy sheen.

try: L'Oréal Paris Colour Riche Lip Gloss in Rich Brown, \$9, drugstores

TURN for more looks! ➔



WEB EXTRA

We went behind the scenes at Fashion Week to get insider beauty tips. See the video at seventeen.com/podcast.

YOUR INSPIRATION

Look like a dream girl with Jennifer Hudson's shimmery eyes and flushed cheeks.



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for
*Prom
night*

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golden skin:

sultry

step 1

Line your top and bottom lashlines with a plum pencil, applying the liner heavily and as close to your lashes as possible.

try: CoverGirl Smoothers Eyeliner in Violet, \$5, drugstores

step 2

Blend purple shadow along lashlines. Apply lilac shadow up to your creases, and dust pale lavender to browbones and under your eyes.

try: Max Factor MaxEye Shadow in Vintage Vixen, \$5, drugstores

step 3

Dust a shimmery reddish-pink powder blush onto the apples of your cheeks with a large blush brush.

try: Prestige Lightshine Lip Gloss in Elba, \$5, drugstores

step 4

Dab a rose-colored gloss onto your lips to complement—but not overpower—your eye makeup.

try: Clinique Blushing Blush Powder Blush in Breathless Berry, \$18, department stores



YOUR INSPIRATION

Look sophisticated like **Lucy Liu** with smoky purple eye makeup and lots of lashes.



The Cake Collection

Chocolate
Mousse

Pastry

Sprinkles

Red Velvet

Strawberry
Shortcake

Pastry
Footwear by Vanessa and Angela Simmons

run2**athletics**

Available at Underground Station, Hibbett's, www.Run2athletics.com



beige skin:

mod

WEB EXTRA

Watch a step-by-step video of how to apply false eyelashes at seventeen.com/beautyschool.

step 1

Cut a strip of false eyelashes in half. Apply the half with the longest lashes to the outer corners of lashlines using the included adhesive.

try: Andrea Mod Strip Lashes #53 in Black, \$4, drugstores

step 2

Trace over the base of the falsies with a black felt-tip liner. Start at your inner corner, then drag the line out slightly past your outer corner.

try: Lancôme Artliner in Noir, \$27, department stores

step 3

Use your finger to dab white shimmer powder onto the inner corners of your eyes and along your browbones.

try: Wet n Wild Mega Shimmer Dust in White Lotus, \$3, drugstores

step 4

Dust a tawny powder blush along your cheekbones, blending it up toward your hairline.

try: Bonnebell Powder Bronze in Natural Glow, \$5, drugstores

step 5

Apply a creamy neutral lipstick to your lips. Try one that matches your skin and has a pinkish undertone so you don't look sallow.

try: Revlon Super Lustrous Lipstick in Fleshtone, \$8, drugstores



YOUR INSPIRATION

Channel '60s sex symbol Brigitte Bardot like **Rachel Bilson** did with this retro look.



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Shave Gel Bars so there's no
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Just wet the razor...shave...
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feeling beautiful.

Reveal the goddess in you.®



bronze skin:

bold

step 1

Choose a sheer lightweight foundation that matches your skin tone for your eyelids—it will act as a base for your shadow.

try: Neutrogena Healthy Skin Glow Sheers SPF 30 in Bronze Glow, \$12, drugstores

step 2

Sweep bold sapphire shadow from your lashlines to creases, then swipe emerald shadow along your lower lashlines.

try: M.A.C PRO Pigment in Marine Ultra and Emerald Green, \$12 each, 800-387-6707

step 3

Apply terra-cotta cream blush to your cheeks. Use fingers to dab it onto your apples, then blend it in a circular motion.

try: Maybelline New York ShineSeduction Glossy Lipcolor in Nude Glow, \$8, drugstores

step 4

Use a sheer toffee-colored gloss on your lips to balance your bold eye makeup.

try: Mark Just Pinched Instant Blush Tint in Nude, \$6, meetmark.com



YOUR INSPIRATION

Get a glamorous look like Beyoncé Knowles's by rocking jewel-toned eye makeup.

ON MODEL: DRESS: YUMI KIM; KNOWLES: GETTY IMAGES.

ACNE? CHOOSE BENZACLIN[®] WITH CONFIDENCE



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ASK YOUR DOCTOR TODAY if BenzaClin[®] is right for you!

For a rebate coupon up to **\$15**, visit www.benzaclin.com/17.

BenzaClin[®] topical gel
clindamycin 1% - benzoyl peroxide 5% gel

BenzaClin[®] Topical Gel is indicated for the treatment of acne.

Important Safety Information: BenzaClin[®] was studied in mild to moderate acne patients. BenzaClin[®] is an acne product you can get with a doctor's prescription. Side effects are usually limited to the skin and include dry skin, itching, peeling, redness and sunburn. Also, clindamycin, an ingredient in BenzaClin[®], may cause diarrhea. If you experience severe diarrhea, stop using BenzaClin[®] and call your doctor immediately. You should not use BenzaClin[®] if you are allergic to clindamycin, benzoyl peroxide, or the antibiotic lincomycin, or if you have a history of colitis.

Please see brief summary of full Prescribing Information on the next page.

DERMIK[®]

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Because health matters

US.CLI.07.01.008

BenzaClin® Topical Gel

(clindamycin - benzoyl peroxide gel)

Brief summary. Please see full prescribing information for complete product information.

Topical Gel: clindamycin (1%) as clindamycin phosphate, benzoyl peroxide (5%)

For Dermatological Use Only - Not for Ophthalmic Use

Reconstitute Before Dispensing

INDICATIONS AND USAGE

BenzaClin Topical Gel is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS

BenzaClin Topical Gel is contraindicated in those individuals who have shown hypersensitivity to any of its components or to lincomycin. It is also contraindicated in those having a history of regional enteritis, ulcerative colitis, or antibiotic-associated colitis.

WARNINGS

ORALLY AND PARENTERALLY ADMINISTERED CLINDAMYCIN HAS BEEN ASSOCIATED WITH SEVERE COLITIS WHICH MAY RESULT IN PATIENT DEATH. USE OF THE TOPICAL FORMULATION OF CLINDAMYCIN RESULTS IN ABSORPTION OF THE ANTIBIOTIC FROM THE SKIN SURFACE. DIARRHEA, BLOODY DIARRHEA, AND COLITIS (INCLUDING PSEUDOMEMBRANOUS COLITIS) HAVE BEEN REPORTED WITH THE USE OF TOPICAL AND SYSTEMIC CLINDAMYCIN. STUDIES INDICATE A TOXIN(S) PRODUCED BY CLOSTRIDIA IS ONE PRIMARY CAUSE OF ANTIBIOTIC-ASSOCIATED COLITIS. THE COLITIS IS USUALLY CHARACTERIZED BY SEVERE PERSISTENT DIARRHEA AND SEVERE ABDOMINAL CRAMPS AND MAY BE ASSOCIATED WITH THE PASSAGE OF BLOOD AND MUCUS. ENDOSCOPIC EXAMINATION MAY REVEAL PSEUDOMEMBRANOUS COLITIS. STOOL CULTURE FOR *Clostridium Difficile* AND STOOL ASSAY FOR *C. difficile* TOXIN MAY BE HELPFUL DIAGNOSTICALLY. WHEN SIGNIFICANT DIARRHEA OCCURS, THE DRUG SHOULD BE DISCONTINUED. LARGE BOWEL ENDOSCOPY SHOULD BE CONSIDERED TO ESTABLISH A DEFINITIVE DIAGNOSIS IN CASES OF SEVERE DIARRHEA. ANTIPERISTALTIC AGENTS SUCH AS OPIATES AND DIPHENOXYLATE WITH ATROPINE MAY PROLONG AND/OR WORSEN THE CONDITION. DIARRHEA, COLITIS, AND PSEUDOMEMBRANOUS COLITIS HAVE BEEN OBSERVED TO BEGIN UP TO SEVERAL WEEKS FOLLOWING CESSATION OF ORAL AND PARENTERAL THERAPY WITH CLINDAMYCIN.

Mild cases of pseudomembranous colitis usually respond to drug discontinuation alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation and treatment with an antibacterial drug clinically effective against *C. difficile* colitis.

PRECAUTIONS

General: For dermatological use only; not for ophthalmic use. Concomitant topical acne therapy should be used with caution because a possible cumulative irritancy effect may occur, especially with the use of peeling, desquamating, or abrasive agents.

The use of antibiotic agents may be associated with the overgrowth of nonsusceptible organisms including fungi. If this occurs, discontinue use of this medication and take appropriate measures.

Avoid contact with eyes and mucous membranes.

Clindamycin and erythromycin containing products should not be used in combination. *In vitro* studies have shown antagonism between these two antimicrobials. The clinical significance of this *in vitro* antagonism is not known.

Information for Patients: Patients using **BenzaClin Topical Gel** should receive the following information and instructions:

1. **BenzaClin Topical Gel** is to be used as directed by the physician. It is for external use only. Avoid contact with eyes, and inside the nose, mouth, and all mucous membranes, as this product may be irritating.
2. This medication should not be used for any disorder other than that for which it was prescribed.
3. Patients should not use any other topical acne preparation unless otherwise directed by physician.
4. Patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using **BenzaClin Topical Gel**. To minimize exposure to sunlight, a wide-brimmed hat or other protective clothing should be worn, and a sun-screen with SPF 15 rating or higher should be used.
5. Patients should report any signs of local adverse reactions to their physician.
6. **BenzaClin Topical Gel** may bleach hair or colored fabric.
7. **BenzaClin Topical Gel** can be stored at room temperature up to 25°C (77°F) for 3 months. Do not freeze. Discard any unused product after 3 months.
8. Before applying **BenzaClin Topical Gel** to affected areas wash the skin gently, then rinse with warm water and pat dry.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Benzoyl peroxide has been shown to be a tumor promoter and progression agent in a number of animal studies. The clinical significance of this is unknown.

Benzoyl peroxide in acetone at doses of 5 and 10 mg administered twice per week induced skin tumors in transgenic Tg.AC mice in a study using 20 weeks of topical treatment.

In a 52 week dermal photocarcinogenicity study in hairless mice, the median time to onset of skin tumor formation was decreased and the number of tumors per mouse increased following chronic concurrent topical administration of **BenzaClin Topical Gel** with exposure to ultraviolet radiation (40 weeks of treatment followed by 12 weeks of observation).

Genotoxicity studies were not conducted with **BenzaClin Topical Gel**. Clindamycin phosphate was not genotoxic in *Salmonella typhimurium* or in a rat micronucleus test. Clindamycin phosphate sulfoxide, an oxidative degradation product of clindamycin phosphate and benzoyl peroxide, was not clastogenic in a mouse micronucleus test. Benzoyl peroxide has been found to cause DNA strand breaks in a variety of mammalian cell types, to be mutagenic in *S. typhimurium* tests by some but not all investigators, and to cause sister chromatid exchanges in Chinese hamster ovary cells. Studies have not been performed with **BenzaClin Topical Gel** or benzoyl peroxide to evaluate the effect on fertility. Fertility studies in rats treated orally with up to 300 mg/kg/day of clindamycin (approximately 120 times the amount of clindamycin in the highest recommended adult human dose of 2.5 g **BenzaClin Topical Gel**, based on mg/m²) revealed no effects on fertility or mating ability.

Pregnancy: Teratogenic Effects: Pregnancy Category C:

Animal reproductive/developmental toxicity studies have not been conducted with **BenzaClin Topical Gel** or benzoyl peroxide. Developmental toxicity studies performed in rats and mice using oral doses of clindamycin up to 600 mg/kg/day (240 and 120 times amount of clindamycin in the highest recommended adult human dose based on mg/m², respectively) or subcutaneous doses of clindamycin up to 250 mg/kg/day (100 and 50 times the amount of clindamycin in the highest recommended adult human dose based on mg/m², respectively) revealed no evidence of teratogenicity.

There are no well-controlled trials in pregnant women treated with **BenzaClin Topical Gel**. It also is not known whether **BenzaClin Topical Gel** can cause fetal harm when administered to a pregnant woman.

Nursing Women: It is not known whether **BenzaClin Topical Gel** is excreted in human milk after topical application. However, orally and parenterally administered clindamycin has been reported to appear in breast milk. Because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother.

Pediatric Use: Safety and effectiveness of this product in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS

During clinical trials, the most frequently reported adverse event in the **BenzaClin** treatment group was dry skin (12%). The table below lists local adverse events reported by at least 1% of patients in the **BenzaClin** and vehicle groups.

Local Adverse Events - all causalities in >= 1% of patients		
	BenzaClin n = 420	Vehicle n = 168
Application site reaction	13 (3%)	1 (<1%)
Dry skin	50 (12%)	10 (6%)
Pruritus	8 (2%)	1 (<1%)
Peeling	9 (2%)	-
Erythema	6 (1%)	1 (<1%)
Sunburn	5 (1%)	-

The actual incidence of dry skin might have been greater were it not for the use of a moisturizer in these studies.

DOSAGE AND ADMINISTRATION

BenzaClin Topical Gel should be applied twice daily, morning and evening, or as directed by a physician, to affected areas after the skin is gently washed, rinsed with warm water and patted dry.

HOW SUPPLIED AND COMPOUNDING INSTRUCTIONS

Size (Net Weight)	NDC 0066-	Benzoyl Peroxide Gel	Active Clindamycin Powder (In plastic vial)	Purified Water To Be Added to each vial
25 grams	0494-25	19.7g	0.3g	5 mL
50 grams	0494-50	41.4g	0.6 g	10 mL
50 grams (pump)	0494-55	41.4g	0.6 g	10 mL

Prior to dispensing, tap the vial until powder flows freely. Add indicated amount of purified water to the vial (to the mark) and immediately shake to completely dissolve clindamycin. If needed, add additional purified water to bring level up to the mark. Add the solution in the vial to the gel and stir until homogenous in appearance (1 to 1½ minutes). For the 50 gram pump only, reassemble jar with pump dispenser. **BenzaClin Topical Gel (as reconstituted) can be stored at room temperature up to 25°C (77°F) for 3 months. Place a 3 month expiration date on the label immediately following mixing.**

Store at room temperature up to 25°C (77°F) (See USP).

Do not freeze. Keep tightly closed. Keep out of the reach of children.

US Patents 5,446,028; 5,767,098; 6,013,637

Brief Summary of Prescribing Information as of February 2006.

Rx Only

Dermik Laboratories
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Bridgewater, NJ 08807

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if your vibe is ... Reese Witherspoon 	Christina Milian 	Vanessa Minnillo 	Jessica Biel 
try this ...  try: Coach The Fragrance, \$68 for 1.7 oz., coach.com	17 TIP Spray a light, fruity scent on your chest (where your body is warmest) to make it more intense.  try: Ralph Lauren Ralph Rocks, \$45 for 1.7 oz., ralphrocks.com	 try: ck IN2U, \$36 for 1.7 oz., department stores	 try: Island Michael Kors Hawaii, \$60 for 1.7 oz., department stores
it smells like ...  fresh flowers	 orange cream pops	17 TIP Citrus scents are energizing—one spritz on your neck in the morning will wake you up!  pink grapefruit	 tropical flowers
layer it with ...  17 TIP The subtle, sugary lychee smell will mix with the florals in the perfume to make you smell sweeter. try: Fresh Sugar Lychee Body Lotion, \$25, fresh.com	 try: Calgon Mmmmm! Orange Pop Body Lotion, \$5, drugstores	 try: Davies Gate Pink Grapefruit Body Lotion, \$18, select Bath & Body Works stores	17 TIP Apply a floral lotion first: It will help your fragrance adhere to your skin so it lasts longer.  try: Kai Body Lotion, \$30, kaifragrance.com

STILL LIVES: ("FRESH FLOWERS" AND "ORANGE CREAM POPS") GETTY IMAGES; ("PINK GRAPEFRUIT") STOCKBYTE SILVER/ALAMY; ("TROPICAL FLOWERS") ADRIANNA WILLIAMS/ZEFA/CORBIS; ("MUSKY FLOWERS") ORGANICS IMAGE LIBRARY/ALAMY; ("ROSES") BRAND X PICTURES/ALAMY; ("CITRUS FRUIT") FLOOPY/GETTY IMAGES; STOCK (SC): PERFUMES, LOTIONS, AND CANDIED FRUIT PHOTO: JAY PUCKER/STUDIO D; WITHERSPOON: TONY HANSON/WIREIMAGE; MILIAN: ALEXANDRA WYMAN/WIREIMAGE.COM; MINNILLO: JOHN SCULLY/WIREIMAGE; BIEL: THEO NARGO/WIREIMAGE; ALBA: STEVE GRANITZ/WIREIMAGE; CARA: JESSE GRANT/WIREIMAGE.COM; BLISS: GETTY IMAGES; JOJO: STEPHEN LOVEN/WIREIMAGE.



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if your
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Jessica Alba



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this...



try: Agent Provocateur Maitresse, \$80 for 1.7 oz., Bloomingdale's



try: Valentino Rock 'n Rose, \$58 for 1.6 oz., Sephora stores

Rachael Bilson



try: Missoni Eau de Toilette, \$85 for 3.4 oz., Saks Fifth Avenue

Jolo



try: Britney Spears Midnight Fantasy, \$55 for 3.3 oz., macys.com

17 TIP

Spray this on pulse points—the insides of elbows and knees—to help it last all night.

it smells
like...



musky flowers



roses

17 TIP

The classic scent of roses is perfect for a cozy date for two.



citrus fruit



candied fruit

layer it
with...



17 TIP

Choose a lightly scented lotion (the sexy shimmer is a bonus!) to go with this rich perfume.

try: Jergens Soft Shimmer Skin Radiance Moisturizer, \$4, drugstores



try: The Body Shop Cassis Rose Body Lotion, \$12, The Body Shop stores



17 TIP

Apply this lemony lotion *only* on your legs so you smell subtly citrusy, not like a lemon.

try: H₂O+ Energize Revitalizing Body Butter, \$19, h2oplus.com



try: Suave Exhale Alluring Body Lotion, \$3, drugstores

listen to your mom!

Sure, you want to tune her out sometimes—but when it comes to beauty secrets, she has wisdom worth paying attention to. BY rachael nichol

MOM SAYS...

1 “To calm swollen eyes, dip a **spoon in cold water**, then run it over your closed lids. ☺☺

—Chanelle, 18

2 “Put a dab of **Visine** on a zit: It can temporarily take the red out like it does for eyes. ☺☺

—Brianna, 15

3 “Use mascara that has a **really small** applicator brush—it prevents clumps and is great for getting to all of the tiny lower lashes. ☺☺

—India, 14,
with her mom, Johanna



17 tip Brush the top side of lashes to separate them.



4 “Run your razor under **hot water** right before using it to help get a super-close shave and smoother legs. ☺☺

—Wende Zomnir,
cofounder of Urban Decay cosmetics

6 “To add volume and a little bend to the ends of a straight hairstyle, wrap your slightly damp hair around large Velcro rollers, then let it air-dry. My mom used to wrap hers around **orange-juice cans** when she was young! ☺☺

—Rachael Nichol,
Seventeen beauty assistant,
with her mom, Janel



try: Velcro 3" Classic Stylers, \$3 for two, Sally Beauty Supply stores

7 “Don't **share makeup with friends**. It's unsanitary and can cause zits! ☺☺

—Rita Hazan, celebrity colorist,
with her mom, Fortune



8 “For strong, shiny hair, mix **two eggs with 1/4 cup vegetable oil**. Coat hair with it; wrap your head. Leave on overnight. ☺☺

—Cornelia Zicu, celebrity facialist

try: Garnier Fructis Body & Volume 2-in-1 Shampoo + Conditioner, \$4, drugstores

9 “Make sure your lipstick never bleeds outside of your lip line by dabbing **foundation around your mouth** before applying any color. My mom was obsessed with pink lipstick!”

—Mally Roncal, celebrity makeup artist

try: Mally Beauty Lipstick in French Kiss, \$28, mallybeauty.com

11 “Spray hairspray onto an old toothbrush and use it to **brush your eyebrows**. They’ll stay nice and shaped all day.”

—Sam, 15

14 “Put shampoo on **dry hair**, then wash it out to get silky, shiny strands.”

—Kyla, 15

12 “**Dab the lipstick** you use on your lips onto the apples of your cheeks—it matches *and* looks natural.”

—Kaylie, 15

10 “To soften dry hands, coat them with **Aquaphor**, then wrap them in plastic bags for an hour.”

—Casey, 18
—Casey, 16

13 “Use plain **whole-milk yogurt** on your face to calm redness from the wind, sun, or harsh products.”

—Bonny, 19

15 “Apply a tiny bit of light, shimmery eyeshadow right under your brows. It gives you a wide-eyed look and adds just a **little oomph** to basic daytime makeup.”

—Jessica Liebeskind, celebrity makeup artist, with her mom, Joyce



TURN for more tips! ➔

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THE INSIDER | LISTEN TO YOUR MOM!

16 “For extra-soft skin, rub **honey** on your face, leave it on for 15 minutes, and rinse.”

—Virginia, 14

17 “At night dab toothpaste on **zits** (my mom swears by plain Colgate). They’ll dry out by morning!”

—Sukanya, 17,
with her mom, Nadine

17 tip Use only a thin coat of toothpaste, and let it dry well before you hit the pillow!

WEB EXTRA
Get more great beauty tips and tricks from readers’ moms at seventeen.com/mom.



try: Colgate Total Whitening Toothpaste, \$4, drugstores



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get amazing skin!

Think facials are just pampering for the rich and famous? Here's how *you* can get one to clear your acne and calm your blotchy complexion. BY RACHAEL NICHOL

facials 101

- **WHAT IT IS:** A deep cleaning of your skin and pores by a trained specialist, who is called a facialist or an aesthetician.
- **RESULTS:** Your skin will be clearer and smoother, and you'll get fewer breakouts.
- **PRICE:** \$60 and up per hour. Some spas offer mini facials for around \$30.
- **WHEN YOU SHOULD GO:** Four times a year (at the change of the season) if your skin is in good condition; once a month to clear up acne.
- **IMPORTANT Qs:** For your first facial, ask to see the most experienced person at a spa, even if it costs a little more. She'll analyze your skin and help you find the right treatment.
- **BEFORE YOU START:** Tell the facialist if you have skin allergies or if you're taking any prescription medication, which may make your skin extra sensitive.
- **HEADS-UP:** Your face might be red for one or two days afterward, so book your first facial on a Friday after school—your skin will look beautiful by Monday!

the basic steps

1. CLEANSE & STEAM

- **WHAT IT IS:** The facialist cleanses your face and neck to remove dirt, makeup, and oil, then uses a machine to blow warm steam on your skin for about five minutes.
- **RESULTS:** The steam opens up your pores so the facialist can unclog them more easily—and less painfully!

17 tip Breathe deeply—the steam is good for your sinuses too!

2. EXTRACTION

- **WHAT IT IS:** The facialist uses a small, needlelike instrument or her fingers (she has a special technique that won't spread bacteria—

39% of teenage girls in the US had a facial last year, according to a study by the International SPA Association.

so don't try this at home!) to squeeze clogged pores and remove dirt. She extracts only whiteheads and blackheads—squeezing already inflamed zits will just irritate them more.

- **HOW IT FEELS:** Pain factor is medium to high, depending on how clogged your pores are. Try taking an over-the-counter painkiller, like ibuprofen, 30 minutes before your facial, or ask your doctor for a 2 percent topical numbing cream (you'll need a prescription for that). Bring it along to your facial—the facialist will apply it before she starts doing the extractions.

- **RESULTS:** Skin around clogged pores will be red immediately afterward, but it will calm down in one or two days. Since your pores will be clean, you'll have fewer breakouts in the next few weeks.

- **HEADS-UP:** Stop using any topical creams that dry your skin, such as Retin-A or benzoyl peroxide, four days before your facial. They can make your skin more sensitive.

EXCLUSIVE DISCOUNT!

Log on to spafinder.com/seventeen to find a spa near you that offers an additional discount to readers.

17 tip Avoid extractions one week before your period, when you're most sensitive to pain.



STILL LIVES: LISA SHIN AND JAY MUCKLE/STUDIO D. BACKSTAGE PHOTO: MCV PHOTO. "EXTRACTIONS" PHOTO: AKOS. ANDREADESIMONEFACIALS.COM IS THE WEB SITE OF FACIALIST ANDREA D. SIMONE. INTERNATIONAL SPA ASSOCIATION STATISTIC REFLECTS ALL GIRLS WHO HAVE GONE TO SPAS.

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hint of glow to deep bronze

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The only sunless tanner with a customizing dial for total color control. From a hint of glow to deepest bronze, the AmphoComplex™ technology ensures perfectly natural-looking color every single time.



3. MASK

- **WHAT IT IS:** After extraction, the facialist applies a facial mask and leaves it on for 10 to 20 minutes while you relax.
- **RESULTS:** This will calm any redness, hydrate your skin, or tighten your pores, depending on which type of mask is applied.
- **ASK FOR:** A clarifying mask with sulfur or clay, to tighten pores and eliminate oils; a soothing mask with aloe or seaweed, to calm irritation and speed up healing of blemishes; or a hydrating mask with honey or aloe, to repair skin that has been dried out due to Retin-A or overtreatment of breakouts.

try at home: Olay Daily Facials Intensive Deep Cleansing Clay Mask, \$7, drugstores

WEB EXTRA

Check out spas that have facials just for teens and tell us where you love to go at seventeen.com/facial.

the extras

1. ACID PEEL

- **WHAT IT IS:** A solution of lactic or glycolic acids is applied to your face for two to five minutes to deeply exfoliate and remove dead, flaky skin. It feels like a mild burning or itching.
- **PRICE:** \$30 and up.



try at home: MD Skincare Alpha Beta Daily Face Peel, \$75, mdskincare.com

- **WHEN TO SPLURGE:** If you have oily skin or acne. Acids shrink pores, reduce oiliness, and prevent future breakouts. (You can also opt to try a gentler version at home.)



17 tip If you have difficulty sitting still for a long time, bring an iPod to your treatment to pass the time faster.

2. OXYGEN TREATMENT

- **WHAT IT IS:** A mixture of oxygen and vitamins is applied to your face using a pressurized spray, which helps "push" the product into your skin.
- **PRICE:** About \$10 and up.
- **WHEN TO SPLURGE:** If you have a big event coming up in the next few days—this will help heal acne more quickly and give your skin an extra glow.

3. AROMATHERAPY

- **WHAT IT IS:** Essential oils are massaged on your face to help with relaxation.
- **PRICE:** About \$10 and up.
- **WHEN TO SPLURGE:** If your face looks or feels puffy. The massage will help get the blood flowing to reduce bloating.

try at home: The Body Shop Lavender Essential Oil, \$12, The Body Shop stores

WELCOME TO THE 17 SKIN CLINIC:

Do you have severe acne? Tell us why you deserve a total skin makeover at seventeen.com/skinclinic. You could be featured in *Seventeen* this fall!

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know how you
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Upload your own
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No purchase necessary. Void where prohibited. One Less Stress Contest only open to legal US residents ages 18 and older. Entries must be submitted between 12 noon EST, March 7, 2007, and 11:59 p.m. EDT, June 15, 2007. Contest ends June 15, 2007. For complete rules and to enter, visit www.OneLessStress.com. Sponsor: Neutrogena Corporation, 5760 West 96th Street, Los Angeles, California 90045-5544.

CHECK IT OUT!

Go online to www.seventeen.com/checkitout for complete info!

Rock-n-Style L.A.

Seventeen's star-studded **Rock-n-Style** concert & fashion event is coming to **Los Angeles, May 11th** at **Avalon Hollywood**. Hit recording artist **Omarion** will perform and tickets for this event are **FREE**, but first-come-first served — RSVP via email ASAP to: Rocknstyle@seventeen.com to get on the list. Include your full name, phone number and address. Check back in the June issue for more details including celeb appearances.



Hear Omarion
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XOXO,
Christina



CHRISTINA



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No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. and Church & Dwight Co., Inc. Enter on seventeen.com/checkitout beginning at noon ET on 4/10 —noon ET 5/7. One entry per person. You may also send a postcard, along with your name, age, and telephone number to Seventeen, Nair Pretty "Get Prepped for Prom" Sweepstakes, c/o Promotion Dept., 300 W. 57th St., 18th Fl., NY, NY 10019. Entries must be postmarked by sweepstakes deadline. APV of grand-prize package is \$800. Odds of winning will depend upon the total number of eligible entries received. Must be 13-24 years of age and a legal resident of the U.S. or D.C. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at www.seventeen.com/checkitout.

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Sun-In and *Seventeen* are searching for a powerful and independent girl who puts as much energy into her community as she does her look. Tell us how Sun-In makes you glow and how you make your community shine, and you could win!

grand prize

One lucky winner will receive a three-night trip to a hot spot in the sun where she'll star in a custom photo shoot for the Sun-In "Go For The Glow" ad in *Seventeen*.

how to enter

Send in your photo with a 100-word essay telling us why you like using Sun-In, and what you're doing to improve your community.

Submit your entry online at www.seventeen.com/gofortheglow, or mail your entry to:

**Sun-In "Go For The Glow" Contest
c/o *Seventeen* Promotion Department
300 W 57th Street, 18th Fl
New York, NY 10019**

Be sure to include your name, address, phone number, e-mail address and date of birth.

Deadline for Entries: May 7, 2007



**Comes
in lemon,
too!**

Bring out your natural highlights with Sun-In's fun and flirty, alcohol-free spray-in hair lightener. Portable, convenient and easy-to-use, it conditions hair with botanical extracts while it lightens.

For more product information visit sun-in.com



"Go For The Glow" Contest: No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. and Chattem, Inc. Contest is open to females who use Sun-In. Winner must be available to travel and appear in a photo shoot any time from May 21, 2007 through June 28, 2007. If winner is under 18, your legal guardian must accompany you on the trip. ARV of grand-prize package is \$3,500. The contest begins on March 13, 2007. Entries must be postmarked by May 7, 2007. Online entry ends on May 7, 2007 at 11:59 p.m. Must be 13-19 years of age at the time of entry and a resident of the 50 United States or District of Columbia. Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at www.seventeen.com/gofortheglow.



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*Kristen B.
Ringgold, Georgia*

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Go for the Glow.



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accessorize your hair

Even your hair gets spring fever! Here are some fun new trends to try. BY desi gallegos

FLOWERS

Pin these onto an elastic or clip them right to your hair. Wear two together if you're feeling daring!



spotted on the runway!

SONIA RYKIEL



America's Next TOP MODEL contestant Jael! Look for her this season on Wednesdays on The CW!

Accent your ponytail with a bright rose.



try: Silk rose hair clip, Karin's Garden, \$38, hairboutique.com



17 SPLURGE

try: Gold tweed camellia brooch, Chanel, \$445, Chanel boutiques



try: Black rose hair clip, Claire's, \$5, Claire's stores



try: Lily hair clip, Karin's Garden, \$20, hairboutique.com

try: Pink polka-dot rose hair clip, Karen Marie, \$8, hairboutique.com



ZOOEY DESCHANEL

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Think Fast. Think Abreva.



*Apply Abreva at the first sign of a cold sore for best results.

JEWELS

Wear just one sparkly accessory with toned-down jewelry so the bling in your hair doesn't compete.

Use this to pin back soft waves, like Hilary does (below).

spotted on the runway!

MARC JACOBS

SIENNA MILLER

try: Barrette, Marc by Marc Jacobs, \$48, Marc by Marc Jacobs boutiques

try: Comb, Alex and Ani, \$38, alexandani.com

try: Comb, Alex and Ani, \$38, alexandani.com

try: Ponytail holder, Goody, \$5, drugstores

try: Bobby pin, Scünci, \$8 for set of two, Target stores

America's Next TOP MODEL
contestant Sarah!
Look for her this season on Wednesdays on The CW!

HILARY SWANK

TURN for more looks! ➔

ON SARAH: DRESS: BETSEY JOHNSON; HAIR CLIPS: ALL GIRLPROPS; MARC JACOBS: MARC JACOBS; SIENNA MILLER: MARC JACOBS; HILARY SWANK: LESTER COHEN/WIREIMAGE; SWANK: AFP/GETTY IMAGES.



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cut

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spray



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HEADBANDS

Slide one of these on after you style your hair to add polish to any look.



America's Next TOP MODEL challenge winner Brittany—look for her this season on Wednesdays on The CW!



try: Tortoise headband, Renée Rivera, \$68, renerivera.com



try: Heart-embellished headband, \$6, hottopic.com



try: Fabric-and-jewel headband, Jane Tran, \$53, hairboutique.com



try: Black plastic headband, Claire's, \$4, Claire's stores



try: Jeweled headband, Susan Daniels, \$68, Henri Bendel, New York, NY; 800-H-BENDEL

spotted on the runway!



D&G



HAYDEN PANETTIERE



RIHANNA

Try printed headbands for a glam look!

This is lined with textured fabric to help it stay in place.



WEB EXTRA

See more red-carpet and runway accessory looks at seventeen.com/accessory.

try: Fabric-and-jewel headband, Scünci, \$8, Target stores



"Come out,
come out,
wherever you are."

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Dryness, redness, peeling, burning, or itching may occur. Overexposure to sunlight or sunlamps—or extreme wind or cold—may increase the risk for irritation. When exposure can't be avoided, use a sunscreen or protective clothing.

Please see next page for brief summary of Prescribing Information.

Differin®
(ADAPALENE) CREAM, GEL, 0.1%
**TAKE
CHARGE**

DIFFERIN® (adapalene) Cream, 0.1%

Rx Only

BRIEF SUMMARY

For topical use only. Not for ophthalmic, oral, or intravaginal use.

INDICATIONS AND USAGE: DIFFERIN® Cream is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS: DIFFERIN® Cream should not be administered to individuals who are hypersensitive to adapalene or any of the components in the cream vehicle.

PRECAUTIONS: General: If a reaction suggesting sensitivity or chemical irritation occurs, use of the medication should be discontinued. Exposure to sunlight, including sunlamps, should be minimized during use of adapalene. Patients who normally experience high levels of sun exposure, and those with inherent sensitivity to sun, should be warned to exercise caution. Use of sunscreen products and protective clothing over treated areas is recommended when exposure cannot be avoided. Weather extremes, such as wind or cold, also may be irritating to patients under treatment with adapalene.

Avoid contact with the eyes, lips, angles of the nose, and mucous membranes. The product should not be applied to cuts, abrasions, eczematous or sunburned skin. As with other retinoids, use of "waxing" as a depilatory method should be avoided on skin treated with adapalene.

Information for Patients: Patients using DIFFERIN® Cream should receive the following information and instructions:

1. This medication is to be used only as directed by the physician.
2. It is for external use only.
3. Avoid contact with the eyes, lips, angles of the nose, and mucous membranes.
4. Cleanse area with a mild or soapless cleanser before applying this medication.
5. Moisturizers may be used if necessary; however, products containing alpha hydroxy or glycolic acids should be avoided.
6. Exposure of the eye to this medication may result in reactions such as swelling, conjunctivitis, and eye irritation.
7. This medication should not be applied to cuts, abrasions, eczematous or sunburned skin.
8. Wax epilation should not be performed on treated skin due to the potential for skin erosions.
9. During the early weeks of therapy, an apparent exacerbation of acne may occur. This is due to the action of this medication on previously unseen lesions and should not be considered a reason to discontinue therapy. Overall clinical benefit may be noticed after two weeks of therapy, but at least eight weeks are required to obtain consistent beneficial effects.

Drug Interactions: As DIFFERIN® Cream has the potential to produce local irritation in some patients, concomitant use of other potentially irritating topical products (medicated or abrasive soaps and cleansers, soaps and cosmetics that have a strong drying effect, and products with high concentrations of alcohol, astringents, spices or lime rind) should be approached with caution. Particular caution should be exercised in using preparations containing sulfur, resorcinol, or salicylic acid in combination with DIFFERIN® Cream. If these preparations have been used, it is advisable not to start therapy with DIFFERIN® Cream until the effects of such preparations in the skin have subsided.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.4, 1.3, and 4.0 mg/kg/day, and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day. These doses are up to 8 times (mice) and 6 times (rats) in terms of mg/m²/day the maximum potential exposure at the recommended topical human dose (MRHD), assumed to be 2.5 grams DIFFERIN® Cream, which is approximately 1.5 mg/m² adapalene. In the oral study, increased incidence of benign and malignant pheochromocytomas in the adrenal medullas of male rats was observed. No photocarcinogenicity studies were conducted. Animal studies have shown an increased risk of skin neoplasms with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or to sunlight. Although the significance of these studies to human use is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial UV irradiation sources.

Adapalene did not exhibit mutagenic or genotoxic effects *in vivo* (mouse micronucleus test) and *in vitro* (Ames test, Chinese hamster ovary cell assay, mouse lymphoma TK assay) studies.

Reproductive function and fertility studies were conducted in rats administered oral doses of adapalene in amounts up to 20 mg/kg/day (up to 80 times the MRHD based on mg/m² comparisons). No effects of adapalene were found on the reproductive performance or fertility of the F₁ males or females. There were also no detectable effects on the growth, development and subsequent reproductive function of the F₁ generation.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when DIFFERIN® Cream is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS: In controlled clinical trials, local cutaneous irritation was monitored in 285 acne patients who used DIFFERIN® Cream once daily for 12 weeks. The frequency and severity of erythema, scaling, dryness, pruritus and burning were assessed during these studies. The incidence of local cutaneous irritation with DIFFERIN® Cream from the controlled clinical studies is provided in the following table:

Incidence of Local Cutaneous Irritation with DIFFERIN® Cream from Controlled Clinical Studies (N=285)				
	None	Mild	Moderate	Severe
Erythema	52% (148)	38% (108)	10% (28)	<1% (1)
Scaling	58% (166)	35% (100)	6% (18)	<1% (1)
Dryness	48% (136)	42% (121)	9% (26)	<1% (2)
Pruritus (persistent)	74% (211)	21% (61)	4% (12)	<1% (1)
Burning/Stinging (persistent)	71% (202)	24% (69)	4% (12)	<1% (2)

Other reported local cutaneous adverse events in patients who used DIFFERIN® Cream once daily included: sunburn (2%), skin discomfort-burning and stinging (1%) and skin irritation (1%). Events occurring in less than 1% of patients treated with DIFFERIN® Cream included: acne flare, dermatitis and contact dermatitis, eyelid edema, conjunctivitis, erythema, pruritus, skin discoloration, rash, and eczema.

OVERDOSAGE: DIFFERIN® Cream is intended for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, scaling, or skin discomfort may occur. The acute oral toxicity of DIFFERIN® Cream in mice and rats is greater than 10 mL/kg. Chronic ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

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325069-0805
Revised: August 2005

DIFFERIN® (adapalene gel) Gel, 0.1%

Rx Only

BRIEF SUMMARY

INDICATIONS AND USAGE: DIFFERIN® Gel is indicated for the topical treatment of acne vulgaris.

CONTRAINDICATIONS: DIFFERIN® Gel should not be administered to individuals who are hypersensitive to adapalene or any of the components in the vehicle gel.

WARNINGS: Use of DIFFERIN® Gel should be discontinued if hypersensitivity to any of the ingredients is noted. Patients with sunburn should be advised not to use the product until fully recovered.

PRECAUTIONS: General: If a reaction suggesting sensitivity or chemical irritation occurs, use of the medication should be discontinued. Exposure to sunlight, including sunlamps, should be minimized during the use of adapalene. Patients who normally experience high levels of sun exposure, and those with inherent sensitivity to sun, should be warned to exercise caution. Use of sunscreen products and protective clothing over treated areas is recommended when exposure cannot be avoided. Weather extremes, such as wind or cold, also may be irritating to patients under treatment with adapalene.

Avoid contact with the eyes, lips, angles of the nose, and mucous membranes. The product should not be applied to cuts, abrasions, eczematous skin, or sunburned skin.

Certain cutaneous signs and symptoms such as erythema, dryness, scaling, burning, or pruritus may be experienced during treatment. These are most likely to occur during the first two to four weeks and will usually lessen with continued use of the medication. Depending upon the severity of adverse events, patients should be instructed to reduce the frequency of application or discontinue use.

Drug Interactions: As DIFFERIN® Gel has the potential to produce local irritation in some patients, concomitant use of other potentially irritating topical products (medicated or abrasive soaps and cleansers, soaps and cosmetics that have a strong drying effect, and products with high concentrations of alcohol, astringents, spices, or lime) should be approached with caution. Particular caution should be exercised in using preparations containing sulfur, resorcinol, or salicylic acid in combination with DIFFERIN® Gel. If these preparations have been used, it is advisable not to start therapy with DIFFERIN® Gel until the effects of such preparations in the skin have subsided.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenicity studies with adapalene have been conducted in mice at topical doses of 0.3, 0.9, and 2.6 mg/kg/day and in rats at oral doses of 0.15, 0.5, and 1.5 mg/kg/day, approximately 4-75 times the maximal daily human topical dose. In the oral study, positive linear trends were observed in the incidence of follicular cell adenomas and carcinomas in the thyroid glands of female rats, and in the incidence of benign and malignant pheochromocytomas in the adrenal medullas of male rats.

No photocarcinogenicity studies were conducted. Animal studies have shown an increased tumorigenic risk with the use of pharmacologically similar drugs (e.g., retinoids) when exposed to UV irradiation in the laboratory or to sunlight. Although the significance of these studies to human use is not clear, patients should be advised to avoid or minimize exposure to either sunlight or artificial UV irradiation sources.

In a series of *in vivo* and *in vitro* studies, adapalene did not exhibit mutagenic or genotoxic activities.

Pregnancy: Teratogenic effects. Pregnancy Category C. No teratogenic effects were seen in rats at oral doses of adapalene 0.15 to 5.0 mg/kg/day, up to 120 times the maximal daily human topical dose. Cutaneous route teratology studies conducted in rats and rabbits at doses of 0.6, 2.0, and 6.0 mg/kg/day, up to 150 times the maximal daily human topical dose exhibited no fetotoxicity and only minimal increases in supernumerary ribs in rats. There are no adequate and well-controlled studies in pregnant women. Adapalene should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers: It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when DIFFERIN® Gel is administered to a nursing woman.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 12 have not been established.

ADVERSE REACTIONS: Some adverse effects such as erythema, scaling, dryness, pruritus, and burning will occur in 10-40% of patients. Pruritus or burning immediately after application also occurs in approximately 20% of patients. The following additional adverse experiences were reported in approximately 1% or less of patients: skin irritation, burning/stinging, erythema, sunburn, and acne flares. These are most commonly seen during the first month of therapy and decrease in frequency and severity thereafter. All adverse effects with use of DIFFERIN® Gel during clinical trials were reversible upon discontinuation of therapy.

OVERDOSAGE: DIFFERIN® Gel is intended for cutaneous use only. If the medication is applied excessively, no more rapid or better results will be obtained and marked redness, peeling, or discomfort may occur. The acute oral toxicity of DIFFERIN® Gel in mice and rats is greater than 10 mL/kg. Chronic ingestion of the drug may lead to the same side effects as those associated with excessive oral intake of Vitamin A.

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Go online to www.seventeen.com/checkitout for complete info!

Luxirie's "NYC Luxirie Style" Mobile Sweepstakes!

Luxirie, the lifestyle brand for every young woman, invites you to enter to win VIP access to *Seventeen's* star-studded Rock-n-Style NYC Fashion Show and Concert Event! **TXT: LUX to 83200**

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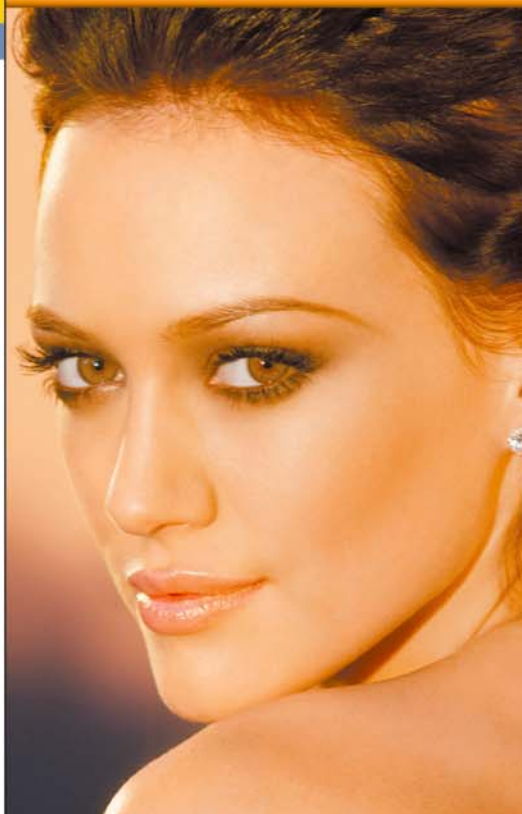
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seventeen suggests



health

“Strong abs are the foundation of a strong body. Everything is connected to your core!”

—RADU

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Need to firm up for a big event?

- 1 Limit starchy carbs the day of your event—while you’re digesting them, they can make you puffy.
- 2 Do 25 to 30 crunches a half hour beforehand to tighten your tummy.
- 3 Stand up straight with your shoulders back—you will look taller and slimmer!

—Master Pilates Instructor Tracey Mallett

REACH



- A** Lie on your back with your legs, head, and shoulders up. Hold for 8 counts. **B** Use your abs to pull up; hold for 8 counts. Do 2 sets of 8 reps.

KEEP YOUR LEGS STILL!

BALANCE



- A** Lie on your right side. Use arms to prop yourself up. Hold for 8 counts. **B** Lift and reach up your left arm and leg. Hold for 8 counts. Do 8 on each side.

KEEP YOUR TUMMY PULLED IN!

get sexy abs

Be ready for swimsuit season with these Pilates-inspired moves from **Radu Teodorescu**. Do them three times a week this month to firm up!

WEB EXTRA
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with exclusive
videos at
seventeen.com/trainer.

KICK



- A** Lie facedown and use your arms for support. Hold for 8 counts. **B** Lift your butt and left leg. Hold for 8 counts. Do 8 on each side.

LIFT FROM YOUR STOMACH!

TWIST



- A** Get into a straight-armed push-up position. Hold for 8 counts. **B** Cross your right knee under left leg. Hold for 8 counts. Do 8 on each side.

YOU'LL FEEL IT ON YOUR SIDES!



eat healthy at parties

You *can* have fun at barbecues, cookouts, and birthdays without OD'ing on fat and sugar.

BY melanie abrahams

“When I see cake at a party, I think, Yum! But will this **help** me reach my goal? Probably not. So I **take** a smaller piece and look for **healthier** things to munch on.”

—JoJo

(She's doing our challenge too!)

Read JoJo's blog at seventeen.com/challenge to see how she keeps fit!



have your cake

There was no shortage of goodies at the Sweet Sixteen party we threw for JoJo!

sweet tooth

Don't deny yourself a treat! These 200-calorie portions will satisfy you *without* weighing you down.

200
CALORIES EACH



brownie

SHOULD BE THE SIZE OF:



ring box



fruit salad

SHOULD BE THE SIZE OF:



Magic 8 Ball



ice cream

SHOULD BE THE SIZE OF:



tennis ball



piece of cake

SHOULD BE THE SIZE OF:



Sidekick



chocolate chip cookie

SHOULD BE THE SIZE OF:



Starbucks coffee lid

scentedoillightshow.com

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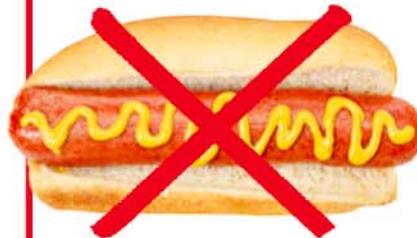
food fight

In the battle of irresistible party foods, here are the healthy winners *and* the big-fat losers!

INSTEAD OF



ham, cheese, and mayo hoagie



hot dog



potato chips



onion dip

TRY



turkey, cheese, and mustard hoagie

WHY:
It has less fat and fewer calories—but still packs calcium and protein.



hamburger

WHY:
It has less fat and sodium—plus, more protein and iron.



pretzels

WHY:
They have less fat and fewer calories—but still satisfy crunchy cravings.



salsa

WHY:
It has less fat and fewer calories—but more vitamin C.



TAKE THIS DIP TO
**EVERY
PARTY!**

skinny dipping

This seven-layer dip has less fat than the usual one but tastes just as good.

- 1 16-oz. can of fat-free refried beans
- 2 avocados, mashed
- 1 16-oz. tub of reduced-fat sour cream
- 1 16-oz. jar of salsa
- 1 cup of iceberg lettuce, shredded
- 1 cup of tomatoes, chopped
- 10 black olives, sliced
- 1 cup of reduced-fat shredded cheese
- 1 bag of baked tortilla chips



- 1 Spread the refried beans into the bottom of a shallow glass baking dish.
- 2 Spoon the mashed avocados over the beans to create the second layer.
- 3 Scoop the sour cream on top of the avocados and spread gently to make a third layer in the baking dish.
- 4 Carefully pour the salsa over the sour cream and smear it evenly across.
- 5 Sprinkle the lettuce and tomatoes on top, then place the olive slices uniformly over the surface.
- 6 Top it all with the shredded cheese and serve with baked tortilla chips—mmm!

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get to know his body!

The naked truth about guys and sex—we asked the experts your most personal questions!

BY elisa benson

1 “Why do guys get good bodies easily and girls have to work for them?”

—KATIE, 18, BELLINGHAM, WA

A DOC SAYS: Guys get defined muscles more easily because their bodies produce testosterone, a hormone that naturally helps boys add muscle tissue as they grow. Some studies suggest this hormone also makes guys more competitive, which could draw them to sports. Girls have testosterone too, but in smaller amounts.

HE SAYS: “It’s not *that* easy—guys have to work too! But when we’re bored, we’ll play a pickup basketball game. The exercise helps.”

—KEVIN, 17, BROOKLYN, NY

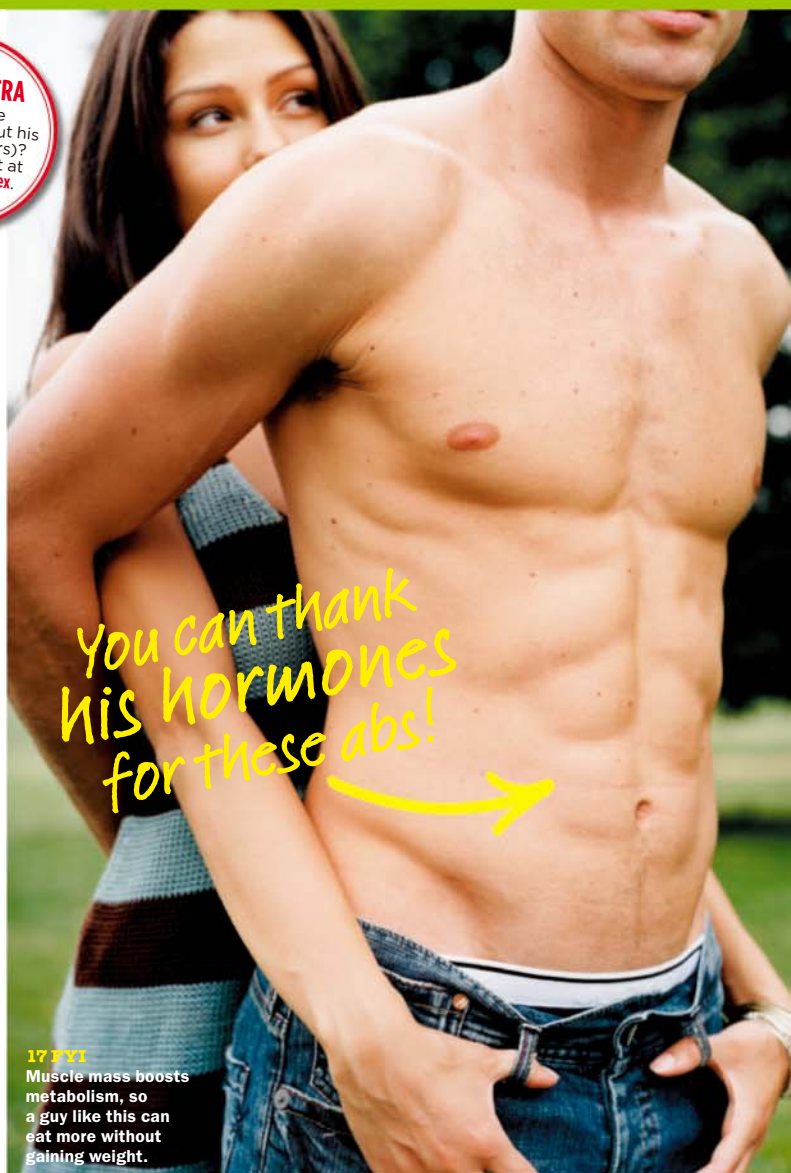
2 “What does an erection feel like for a guy?”

—LAUREN-ELIZABETH, 16, MAUI, HI

A DOC SAYS: Blood rushes to the penis, causing a full, throbbing feeling. His breathing quickens, and his heart rate speeds up. The state of excitement is also mental—he may feel consumed by thoughts of sex.

HE SAYS: “You kind of get the blinders on. It preoccupies you, like, Oh, it’s there, what am I going to do about it? Then when a guy has an orgasm, it’s just a total body shock. Everything tenses up and then suddenly releases. You just want to sleep afterward.”

—JON, 16, PASADENA, MD



17 FYI
Muscle mass boosts metabolism, so a guy like this can eat more without gaining weight.

3 “Is there a way I can tell if a guy has an STD?”

—KRISTIN, 20, PHILADELPHIA, PA

A DOC SAYS: Maybe. Some STDs have major warning signs, so don’t have sex if you notice unusual bumps, sores, or rashes around his groin area or a discharge coming from his penis. But some symptoms take months to appear—or never show up at all. Only a doctor can tell what’s contagious, so ask your guy to get tested and use a condom every time.

HE SAYS: “I know a guy who found out he had something *after* his girlfriend caught it. You can’t always tell by looking.”

—BRAD, 23, NEW YORK, NY



4 “I’ve heard some people talk about ‘precum.’ What is it?”

—MALZINO, 15, COLUMBUS, OH

A DOC SAYS: When a guy gets aroused, his body produces a clear liquid called preseminal fluid—or precum—that travels through the penis to clean out urine, which can kill sperm. Since it contains some sperm and drips from the penis *before* ejaculation, your guy should wear a condom during *any* genital-to-genital contact.

HE SAYS: “I’m super-careful about precum because it can get a girl pregnant. I’m not ready for that.”

—JOSH, 21, REEDSBURG, WI

5 “Why do guys love to look at naked women? I don’t like naked guys that much!”

—MONICA*, 19, EDDYVILLE, IA

A DOC SAYS: When guys are turned on, the visual centers in their brains become much more active than girls’ do in the same situation. That means when it comes to sex, guys tend to focus more on the way a person looks than girls do.

HE SAYS: “Gawking at photos of naked women makes it easier to imagine that one is there with you. But pictures get you in a lot less trouble!”

—RICH, 22, NORTH HAMPTON, NH

6 “Why do guys always get more sweaty than girls?”

—HALEY, 14, BALLWIN, MO

A DOC SAYS: Sweat cools off the skin. Since guys are generally larger and more muscular than girls, there’s more to cool off, and therefore more sweat is needed to maintain their body temperature. During puberty guys bulk up quickly, which is why some seem to sweat like crazy! The sweat glands can also cause a slight odor when they become overactive.

*Name has been changed.

7 “Is it painful if he gets turned on but doesn’t ‘finish?’”

—HYACINTH, 16, COLUMBIA, MD

A DOC SAYS: Because blood flow increases to the testicles and penis when a guy gets sexually aroused, some guys feel a heavy, aching sensation if the tension isn’t released through ejaculation. The slang term is *blue balls* because the testicles have a blue tint when filled with blood. The ache subsides shortly after the sexual stimulation ends, so if a guy uses it as an excuse to push you sexually, stop all sexual activity—his discomfort will go away soon.

HE SAYS: “For me, I don’t really get the pain of blue balls. Just an urge to finish what I started!”

—RONALD, 19, IRVINE, CA

HE SAYS: “I don’t think guys are sweatier—or stinkier—than girls . . . although some of us probably have worse hygiene!”

—JIMMIE, 20, MADISON, WI

8 “I want to know if there’s a doctor like the gyno who guys have to see?”

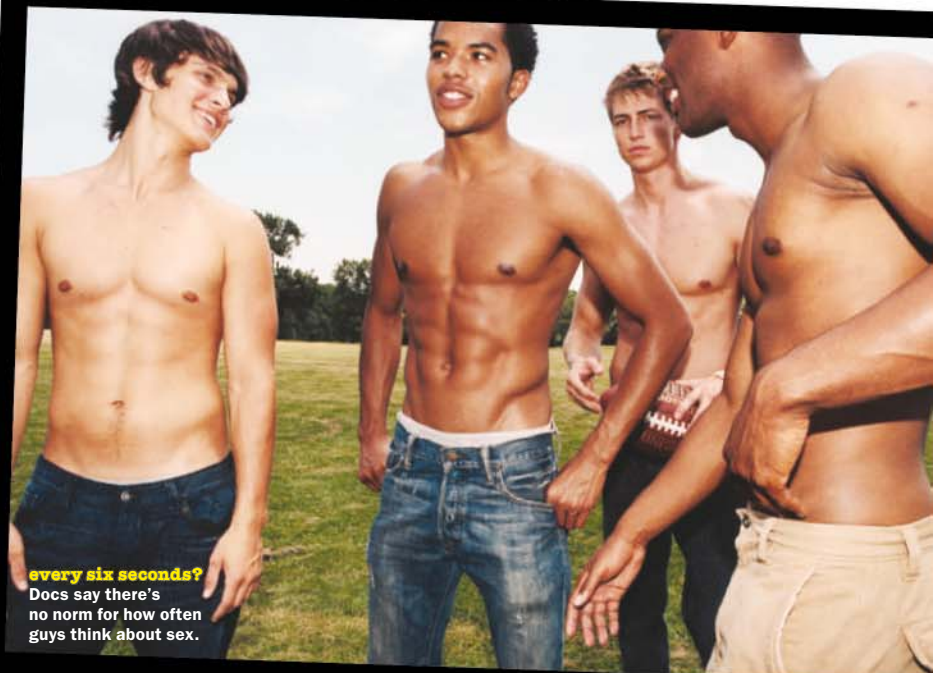
—LARISSA, 15, COLORADO SPRINGS, CO

A DOC SAYS: No. Guys should get a physical from their family doctor every year, and at that time the doc

can check for testicular cancer and a hernia—an abnormal bulge in the groin muscle that is 10 times more likely to occur in guys than girls. The doc can feel the hernia by touching behind the patient’s testicles and asking him to “turn his head and cough.” The strain from coughing pushes the bulge out to make it more noticeable.

HE SAYS: “Every guy needs to check regularly for cancer in his testicles, but the doctor can show us how to do it ourselves between exams.”

—REINIER, 18, MIAMI, FL



every six seconds?
Docs say there’s no norm for how often guys think about sex.

want to veg out?

Whether you're morally opposed to eating meat, in it for your health, or just curious about vegetarian stuff, here are the tasty tidbits you need to know.

WEB EXTRA

Is your diet healthy and balanced? Find out for sure at seventeen.com/mealmaker.

VEGETARIAN

WHAT THEY EAT



“I’m Seventh-day Adventist, and my **faith** says eating a vegetarian diet to stay healthy shows respect for our bodies and for God. My parents said I **could** start eating meat as a teen, but I didn’t want to!”

—CAROLINE, 16, AVON, OH



YUM!

Caroline loves getting bean burritos from Taco Bell!

PESCETARIAN

WHAT THEY EAT



“My vegetarian friend told me I’d have more energy if I gave up meat—and I found it’s **true**! I still eat fish for protein, but cutting out beef and poultry made a **big** difference for me.”

—AMANDA, 16, COCKEYSVILLE, MD



YUM!

Amanda loves grilled salmon and fresh salads!

VEGAN

WHAT THEY EAT



“I can’t stand the thought of **animals** being hurt or treated badly, so I don’t want to eat meat or any other **products** that come from animals—like eggs or milk.”

—SANAA, 16, KIRKLAND, WA



YUM!

Sanaa can’t resist vegan mocha ice cream!

KEY



fruits & veggies



tofu & beans



wheat & grains



eggs & dairy



fish



meat

DO IT RIGHT

If you don’t eat meat, you’ll need to take these extra steps to be healthy.

1 add iron Iron from plants (like spinach and beans) is harder for your body to absorb than the iron in meat. And without enough of it, you could become anemic, which makes you tired and could lead to an irregular heartbeat. Take a daily supplement so you get at least 27 milligrams daily.

2 get calcium Dairy products provide bone-building calcium, but vegans need to include calcium-rich foods—like tofu, broccoli, and calcium-fortified orange juice—in their diets. Read labels and aim for 1,300 milligrams each day from either food or supplements.

3 take B₁₂ This energizing vitamin could prevent heart disease. Eggs and milk are good sources of it, so if you’re vegan, eat B₁₂-fortified cereal or take a supplement of 2 to 3 micrograms each day.

—SHELINA KURWA

READER EDITOR



“I eat vegetarian sometimes—I want to show everyone how easy it can be!”

—shelina, 17

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43639	43634	GYM CLASS HEROS Cupid's Chokehole	
36947	36936	BEYONCE Irreplaceable	
42820	42807	FALL OUT BOY This Ain't A Scene	
42364	42369	AKON FT SNOOP DOGG I Wanna Love You	
42776	42724	LLOYD FT LIL'WAYNE You	
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36970	36969	JOHN MAYER Waiting On The World...	
42523	42371	JIM JONES We Fly High	
43052	43042	FAT JOE FT LIL'WAYNE Make It Rain	
42522	42372	UNK Walk It Out	
43255	43248	PRETTY RICKY On The Hotline	
43256	43249	HELLO GOODBYE Here (In Your Arms)	

Real	Poly	TONES HOTLIST
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43258	43251	AFROMAN Because I Got High
40944	40934	FERGIE Fergalicious

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	36241	SUPER MARIO BROS
	26608	CARTMAN

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43724	27938	40722	27904	24331	40525
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E.g. Text: TEEN JEN LOVES BRAD and then send it to 28282

Baby Name Test

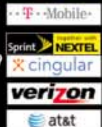
Will you have a Boy or a Girl?
Is there children in your Future?
What name will you choose?

Find out Now! Try our Baby Name Predictor!

Just Text: **TEEN BABY** then send to 28282

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The skincare system

2 Revitalize

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1 Renew

Unlike many over-the-counter acne products, Proactiv® Solution is a complete 3-Step System. First, the Renewing Cleanser exfoliates dead skin cells and delivers the medication, Benzoyl Peroxide, directly to the source of the problem.

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Model photo is for illustrative purposes only.

where it all comes together.



&

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Order now and get the Proactiv® Solution Refining Mask. It boosts the effects of the 3-Step System with its deep cleansing Sulfur formula. Plus, Face the Facts, a valuable guide that answers your questions about healing and preventing acne.



3

Repair

The medicated Repairing Lotion penetrates deeply and attacks the bacteria that cause acne. Yet this prescription-grade system is so gentle, your skin can clear without dryness, redness or irritation.

Complete system only \$19⁹⁵
Save over 50%
off individual product prices.

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Actual unretouched photos. Individual results will vary.

60-Day Money Back Guarantee

Try it for 60 days. If you're not completely satisfied, send back the bottles within 60 days of delivery (even if they're empty) and we'll

send you a full refund of your money (less s/h). So order today. And find out just how easy having beautiful skin can be with Proactiv® Solution.

Rodan & Fields
proactiv
SOLUTION

☒ **YES!** I would love to have clear, smooth, blemish-free skin! Send me my **Proactiv® Solution 30-day kit** with a risk-free 60-day guarantee! One complete system for only \$19.95 plus \$5.95 shipping & handling via PRIORITY MAIL (U.S. funds only). CA, IA, NC & PA residents please add applicable sales tax.

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☐ Charge my ☐ VISA ☐ M/C ☐ AmEx ☐ Discover

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Acct.# _____ Exp. _____

By ordering now, you'll be automatically enrolled in the Proactiv® Solution Clear Skin Club. After 30 days, you'll automatically receive a new 60-day kit (less two free bonuses) every two months, and you'll lock in the low price of only \$19.95 per month (plus s/h and any applicable sales tax per shipment), charged to the credit card provided above, for as long as you are a member. There are no minimum number of kits to buy, and you can cancel future shipments by calling customer service at any time.

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335-317518



love life



dancing queen
We're sure it was Jessica's talent that boyfriend Cash Warren (above, right) first noticed—not those abs of steel.

“**Jessica Alba** is beautiful. I fell in love with her when I saw *Honey*. Girls who can dance like that are so hot!”

—MARIO, 19, CRANSTON, RI

READER EDITOR



"Reporting this article was a great excuse for me to talk to cute guys!"
—nada, 20

GUYS TALK

TEXT & WIN!
Would you want to trade places with a celeb?
Use your cell phone to text your answer—"GT YES" or "GT NO"—to 83200 and you could win a Mio DigWalker H610 Handheld Personal Navigation and Digital Entertainment Device (worth \$500)! Go to seventeen.com/freebies or page 153 for details. LOOK FOR THE RESULTS IN OUR JULY ISSUE.



who's the perfect girl?

You'd think most guys are looking for a hot body. But even when it comes to celebs, they told us that inner beauty is important too.

“My ideal girl would be

Alicia Keys.

She seems really down-to-earth, and the way she plays piano with such talent and passion makes her totally sexy and alluring!”

—ismael, 20, new haven, ct



“My idea of the perfect woman is **Scarlett Johansson.**

She just has a quality about her—maybe it's the tone of her voice—that makes you want to trust her. It's like I could tell her anything.”

—nils, 19, new rochelle, ny



“**Angelina Jolie**

is so beautiful, it gives me goose bumps. But I'm really into the fact that she's politically active; she's a strong, independent woman.”

—eric, 20, ringwood, nj



“The hottest celebrity in my opinion is **Keira Knightley.**

She doesn't come across as trashy—she's always refined, which is something that's so important to me in a potential girlfriend.”

—jonas, 21, tucson, az



WEB EXTRA
More guys talk about their perfect girl at seventeen.com/perfect.

**CUT THIS OUT AND
PASS IT
TO HIM!**

plan a
dream
spring date

**THIS OUT AND
SS IT
D HIM!**

WEB EXTRA
Get more
dream-date
ideas at
[seventeen.com/
dreamdate.](http://seventeen.com/dreamdate)

IMMOTHEBRAND.COM, ON HER JACKET CAP;
IMAGES; (MIMI) DAVID TURNER/STUDIO D.

what's for lunch?

Here's a delicious spread you can pull together with one trip to the supermarket and minimal prep time.

 turkey, swiss & Dijon wraps
Layer meat, cheese, and mustard in plain tortillas and roll

Layer meat, cheese, and mustard in plain tortillas and roll up. Wraps beat soggy bread, mustard is safer in the sun than mayo, and turkey lasts two hours without refrigeration.

 carrot sticks and dip
Brushed baby carrots are a perfect on-the-

Prewashed baby carrots are a perfect on-the-go snack, and single servings of dip are usually in the same aisle.

 strawberries
They're easy to eat and so

They're easy to eat and so romantic! Just remember to wash them before you leave the house.

☒ **bottled water**
It tastes good even when it's

It tastes good even when it's not ice-cold *and* doubles as a quick fix for mustard spills, mud, bird poo—whatever! Freeze it and use it as an ice pack too.



WRAP THE BOTTLES IN A TOWEL TO SOP UP CONDENSATION

☒ **Rice Krispies treats**
Unlike chocolate, this dessert won't melt

Unlike chocolate, this dessert won't melt. Get them from the bakery or grab the prepackaged kind.

☒ **breath mints**
We'll want to finish the meal

Breathe in!
We'll want to finish the meal with a thank-you kiss!

picnic spoilers!!

onions, tuna, or pesto Keep the fresh air *fresh* by avoiding these stinky foods—you're a long way from a toothbrush!

Go gourmet! Find recipes at seventeen.com/picnic.

HOW TO PULL IT OFF

location: Choose a neighborhood park or even your backyard—anyplace with a soft patch of grass or a picnic table.

supplies: Don't forget napkins or moist towelettes, a trash bag, and a large blanket to sit on. Stuff it all inside a picnic basket or cooler (like the one below). A regular backpack works too!

timing: Surprise me!

Show up on a weekend afternoon with the goods in hand. Or hide it all in a secret location where we'll stumble across it together later on!



**DON'T
FORGET THE
BUG
SPRAY!**



**TRULY REFRESHING
COOL SPEARMINT
REMARKABLY LONG LASTING**



What do you get for the pad that has everything?



A fresh feminine wipe. Always Clean™ – the first line of pads to come attached with individually wrapped wipes. Because clean feels good.

Go to www.beinggirl.com/happy for a free sample while supplies last.



Have a happy period.

always
clean



WEB EXTRA
Ever been surprised by the cute thing he *did* notice? Share your story at seventeen.com/notice.

what guys never notice

Five fewer things to stress over when you're with an oblivious guy (um, *all* of them!). BY elisa benson



labels He isn't looking at the distinctive pockets of designer jeans; his eyes are only on your cute **butt**! Save your splurge clothes for the people who notice—your girlfriends.



your body hang-ups Are you obsessed with the numbers on your scale? Well, your guy couldn't care less about how much you **weigh**. If he likes the way you look, he likes the way you look. Seriously!



fancy gift wrap Guys only want to get to the **present**! And when he "wraps" your gift, don't be hurt if he just uses the store's plastic bag.



your new haircut He sees the *whole* you, not every wisp of your bangs or layers. Don't worry if he doesn't comment: He likes your **entire** style, so he's not stuck on the details.



subtle hints When you mention the sweet gift your friend Jen got from her BF, he thinks you want to talk about Jen! **Clarify** by adding, "I'd love if you surprised *me* like that."

WHAT GUYS DO NOTICE:

- **CUTE HABITS**
Your little quirks make you adorable to him!
- **OTHERS' REACTIONS**
When you crack a joke or look extra hot, he loves that you're impressing his crew.
- **YOUR SMELL**
Perfume, soap, or your natural sweetness: He finds your scent sexy.

*Unwrap a little
clean every day.*



Always Thin Pantliners.

Have a happy period.

always

love lessons from pete wentz

You may not get to test them on the Fall Out Boy himself, but his dating tips will work on the cuties in your class!

WEB EXTRA

For more of Pete's dating advice, check out his full interview at seventeen.com/stars.

“When I like a girl, I talk about her *all* the time. It just annoys my friends.”

pete wentz
He's Fall Out Boy's bassist and songwriter—and a poet, DJ, and clothing designer. *Plus* he's single!

1. act up

We may *say* we don't like drama, but I like **crazy**, creative girls. There's nothing wrong with showing your true **colors**... although you should find the line between quirky and full-out *insane*.

2. hit on him

Girls don't realize that boys are usually as **nervous** as they are, and they wait for us to make all the moves. But sometimes girls need to be more forthright—guys like to get **chased** a little bit too!

3. build him up

Guys just wanna be **king** of the jungle. So if I say, “Check it out—I'm gonna throw a rock at this sign!” I want to **impress** you. I don't want you to outthrow me or tell me your last boyfriend was the pitcher on the baseball team.

4. dress down

There is nothing **hotter** than a girl wearing my hoodie. You don't have to dress up **nicely** every day—I don't wanna feel like we're in an office.

5. do small, sweet things

I still read a scrapbook one girl gave me. (I remember calling my friends because it was the **coolest** thing I ever got.) And I'm a **comfort-food** guy—if you make me mac and cheese or PB&J, I will be in *love* with you.



fall out boy
kick off their Honda Civic tour on April 18—go to civictour.honda.com for tickets.

former fling



pete and michelle trachtenberg

pete and ashlee simpson



a recent flame



RELATIONSHIP REHAB

IF YOU'RE LIKE
rachel & adam

too much togetherness?

After two years of dating, working, and partying together, costars Rachel Bilson and Adam Brody of *The OC* announced their split in December '06.

HOW TO FIX IT: Spending time apart gives you new stories to share and helps you grow as a person. So don't invite him along on every shopping trip. You might even consider taking a break. When you see each other a little less, you value the time together more.

WHEN TO LET GO: Even the most intense romances can fizzle. If time off feels like a relief, you could discover that the relationship may have run its course.

WEB EXTRA
Which celebrity couple will break up next? Vote at seventeen.com/breakup.

the end of an era
Now that *The OC* is over, Rachel and Adam are both staying single.



they broke up... will you?

These Hollywood couples seemed perfect—then it was over! Here's how to save your relationship from the same fate (or realize it really is time to let it go). **BY elisa benson**

IF YOU'RE LIKE
hilary & joel

major age difference?

After two and a half years, 19-year-old Hilary Duff reportedly wanted to play the field—but 28-year-old Joel Madden was looking for a commitment.

HOW TO FIX IT: If you're not on the same page anymore—like one of you wants to go further physically, or you're bored and feel attracted to other guys—think hard about what you really value in life to decide if the relationship still fits.

WHEN TO LET GO: If you realize your needs just don't mesh, it's probably over.

the aftermath
While Hil parties it up with her sis, Joel has moved on to Nicole Richie—age 25.



BILSON AND BRODY: (MAIN) CHRIS POLK/FILMMAGIC.COM; (LEFT INSET) COURTESY OF FOX; (RIGHT INSET): X17AGENCY.COM; MADDEN AND DUFF: (MAIN) JEFFREY MAYER/GETTY IMAGES; (LEFT INSET) JEFFREY MAYER/GETTY IMAGES; (RIGHT INSET) JEFFREY MAYER/GETTY IMAGES; TIMBERLAKE AND DIAZ: JAMES DEANE/WIREIMAGE.COM; BIEL: STEVE GRANITZ/WIREIMAGE.COM.

17 EXPERT: Patti Feinstein, a national dating coach based in Chicago, IL.

IF YOU'RE LIKE
cameron & justin

jealousy overload?

Rumor has it that Cameron Diaz couldn't stand Justin Timberlake's flirting—and in January '07, they split after nearly four years.

HOW TO FIX IT: If you hate when your guy talks to girls, tell him it makes you feel left out. If his actions are innocent, he won't get defensive or act evasive.

WHEN TO LET GO: If he doesn't care about making you feel more secure, find a new guy.

a public affair
Cam made a scene when Justin chatted up Jessica Biel at a Golden Globes after-party.





thecandiesfoundation.org

ASHELY TISDALE

"NOT REALLY THE WAY YOU PICTURED YOUR FIRST CRIB, HUH?"

Raising a baby can cost over \$10,000
a year; one night could cost you more
than you think.



THE CANDIE'S FOUNDATION

Providing information about the devastating
consequences of teen pregnancy.



PAUSE
BEFORE YOU PLAY

real life

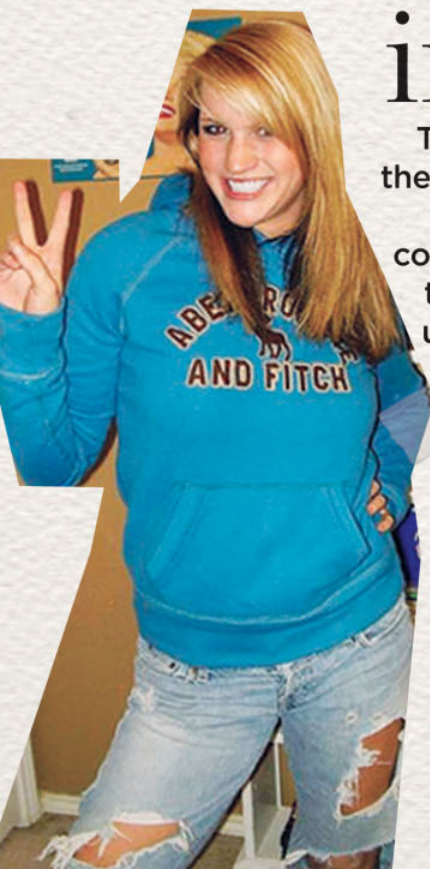


the "it girls"
Karrissa (here) and
a few other squad
members always got
their way.

could these be the **meanest** girls in america?!?

These cheerleaders may look sweet, but they've caused a scandal in their Texas town.

They intimidated students, forced four coaches to quit, and tormented the girls on their squad. How did such bad girls end up ruling their school? **by veronica byrd**



no joke
Elizabeth sent racy
text messages
from her coach's
cell phone.



Karrissa Theret was blonde, popular, and used to doing *whatever* she pleased. “She did what she wanted and didn’t care what *anyone* thought,” says Amanda Turner, 19, who had served on the student council with her. Karrissa, a cheerleader at McKinney North High School in McKinney, Texas, was in a tight clique with four other squad members. The cheerleaders, all seniors, were practically famous—at school they were called the Fab Five. They got a lot of attention because they wore low-cut tank tops and drove around in one of the girls’ flashy SUVs. But they were also blatantly mean to other students, obnoxiously rude to teachers, and callously manipulative of their coaches (forcing four to quit)—and they got away with it for years.

OUT OF BOUNDS

Karrissa, now 18, was the ringleader, and often insulted other kids in total *Mean Girls* style. “We’d be walking down the hall, and Karrissa would say to another girl, ‘Hey, I like your pants,’” says Amanda. “Then as soon as the girl walked away, she would tell me they were *hideous*.”

Karrissa and her clique even targeted girls on their own cheer squad. When two new girls joined the team, “they would sit there during lunch and rag on them,” recalls Amanda. “They’d talk about their plan to make them miserable.” Kayla Walker, 18, who was on the squad with them for a year, witnessed the same bitchy behavior: “If you weren’t cute or popular, they were rude to you behind your back.” When the team went to cheerleading camp (the squad arrived in a stretch limo), Karrissa laughed at one cheerleader who couldn’t keep up. One day another squad member suggested a new move. “Shut up! That’s stupid!” Karrissa snapped. “The other cheerleaders were always afraid of being criticized by Karrissa,” recalls Michaela Ward, who became their coach in February 2006.

But a lot of students think the girls didn’t do anything wrong. “What they did

was nothing out of the ordinary,” says a senior at the school. “It was nothing you couldn’t find at any other high school.”

GIRLS GONE WILD

The girls’ teachers and coaches, on the other hand, did not see it that way. One night at camp one of the other Fab Five members, Elizabeth Griffin, now 18, took Ms. Ward’s cell phone and sent a text message to her husband about trying sex activities. There was also an incident at a basketball game when a different cheerleading coach told Karrissa to get in cheer formation—and she flipped off the coach in front of the entire crowd. The coach yelled, “Get out of my gym!” But Karrissa screamed back, “No!” and just ignored her.

The crazy thing was, the girls were

Karrissa laughed at one cheerleader who couldn’t keep up.

never seriously punished for any of it. The reason? Karrissa’s mom, Linda Theret, was the school’s principal, and she looked the other way when it came to the Fab Five’s bad behavior. One day Ms. Ward found out that one of them had gotten in trouble in class for talking on her cell phone. Ms. Ward reported the incident to the principal—who then warned her not to punish the girl. “Do not do that!” Ms. Theret said.

The girls’ outrageous behavior probably would have continued if another student’s mom hadn’t found a shocking photo on her daughter’s MySpace page. It showed four of the cheerleaders posing in their uniforms in a condom shop, holding penis-shaped candles (one of them had it near her mouth).

The mother then sent the photos to Ms. Theret. A few weeks later the superintendent stepped in and temporarily suspended the girls from the team and put them on probation. “One more mistake and you’ll be kicked off the squad for good,” Ms. Ward told them during a team meeting. But they *still*



thought they were untouchable. “Good luck with that!” Elizabeth snorted back.

THE FINAL STRAW

Frustrated with not being able to discipline the Fab Five, Ms. Ward resigned as coach and complained to a school administrator that she was unable to do her job effectively. In October the board hired an attorney to investigate if Ms. Theret had protected her daughter and her friends. The Fab Five quit the squad, and in December, Ms. Theret resigned. Karrissa transferred to a different school. Some of the Fab Five admit they made mistakes. “There is no doubt that they regret what happened,” says the father of one of them. As for Karrissa, who is now enrolled at a Texas university, “she’s learned a lot,” says her mom’s attorney. “She knows she needs to tone herself down and not get caught up in all the power.” **17**



MY SIDE

One Fab Five cheerleader says the ordeal made the girls stronger! She agreed to talk on the condition that we not name her.

“We have been through so much and have only grown stronger in our friendships. The report said this was the end of the Fab Five. Well, there is no end to us... Life is evidently full of hard lessons, but we will always have each other. We survive and we celebrate, and hope to do that all of our lives together.”

HILARY'S MISSION:

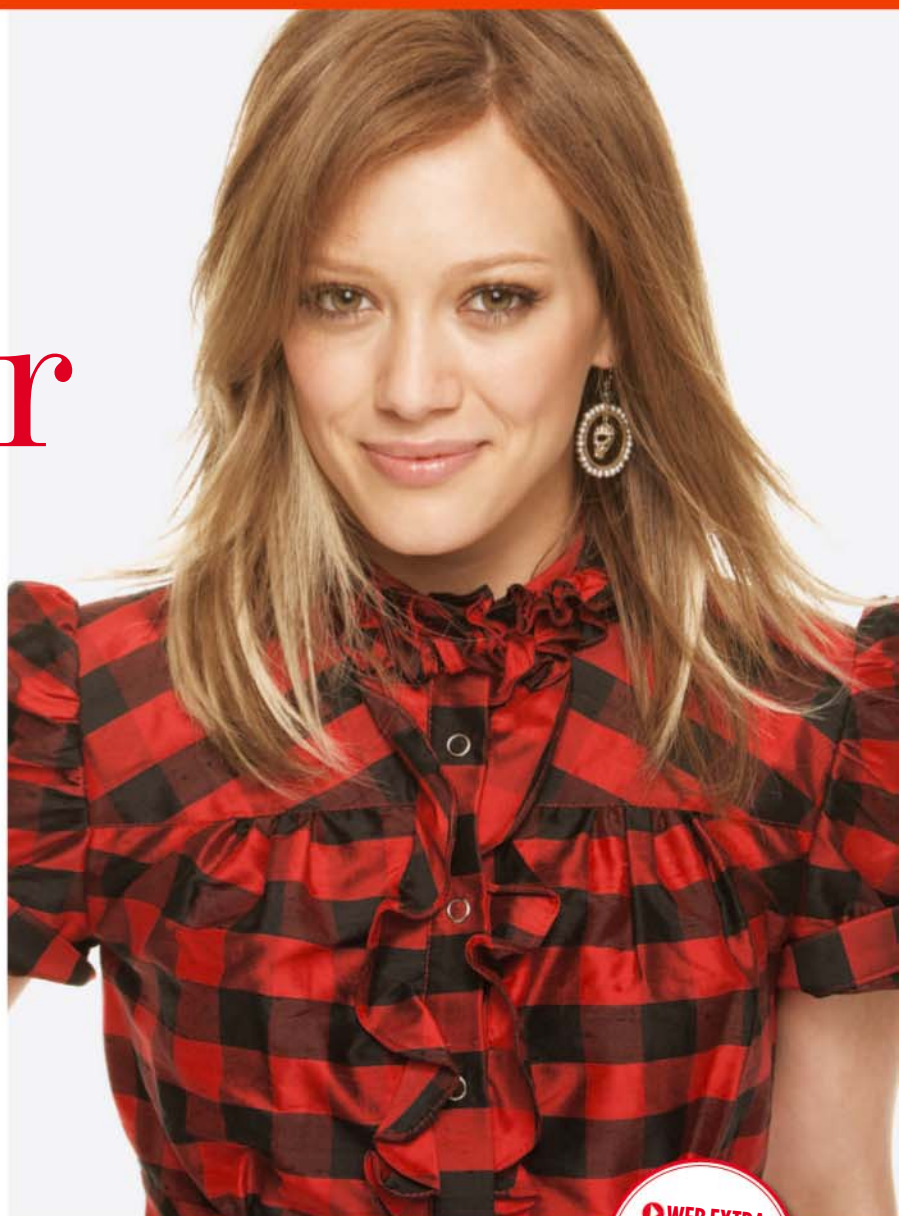
end hunger now

Over 8 *million* American kids and teens are suffering from hunger.

Hilary Duff is helping—so can you.

BY melanie abrahams

When Hilary was little, she and her mom would collect food from friends and family to donate to local charities. So when a supporter of USA Harvest (a group that helps feed the hungry) approached Hilary in 2004 about collecting canned goods from her fans at concerts, she remembered her mom's devotion—and she was happy to be able to give back.



why it matters to **ME**

WEB EXTRA
See how you can help Hilary's favorite charities at seventeen.com/hilary.



lending a hand
Hilary bagged up food for hurricane victims last fall.

“We take a **lot** for granted. I went to New Orleans a year after Hurricane Katrina, and while I was helping out, I met an amazing lady who runs a **food drive** every day. Working with other volunteers and meeting people who **truly** need help taught me that hunger and poverty can happen to **anyone**. I'm **lucky** to be in a position where I can spread the word, but you don't have to be famous to do something. Anyone can give their **time** or donate canned food that's just sitting in their cupboard—it **really** makes a difference.”

—Hilary Duff

make it **YOUR** mission

See what you can do now to help stop hunger in your community—and the world.

GIVE

When you go to one of Hilary's concerts this summer, bring nonperishable food to donate to **USA Harvest**. Check out her tour dates and get more info on USA Harvest at hilaryduff.com.

45%

of US towns can't afford to feed all the local people suffering from hunger.



CLICK

Log on to amazon.com/feed and order this cute bag, designed by model Lauren Bush, for about \$60. The money will help feed hungry people around the world.



Every

five

seconds a child dies from hunger-related causes worldwide.

BAKE

Organize a bake sale for the **Share Our Strength Great American Bake Sale** (strength.org). Since 2003 bake sales have raised more than \$3 million to stop hunger in America. Go to seventeen.com/mission for a great cupcake recipe!

35

million people in America don't have enough food to nourish themselves.



DO

Get your friends to match the amount of money they spend on lunch in a donation to a local food bank. Go to secondharvest.org to find a food bank, then copy our pledge card and give it to everyone you know!

seventeen
PLEDGE CARD

"I pledge to help fight hunger on

(FILL IN DATE)

by giving

\$ (FILL IN AMOUNT) **to a**

local food bank."

(SIGN)

Giving

\$1

through Second Harvest will help provide for 20 pounds of food and other necessities.



the dirty
truth about

girls who gossip!

Rumors don't just damage reputations—they can leave emotional scars too. **BY** holly eagleson

A GOSSIPER'S STORY



“ I was tired of seeing Daniella get all this **attention**—she'd always land the hot dates, and teachers would make a **big deal** about her grades being so high. So I basically said everything bad I could think of about her, though most of it wasn't true. I told kids she would talk about them—and say **horrible** things, like they were **stupid**, ugly, and slutty. A lot of people stopped speaking to Daniella because of the rumors I'd spread. I even remember her crying a few times, which gave me a sense of **power**. She left school before I could come to my senses and **apologize** to her. But if I could take it back, I would—I **lost** my best friend and hurt a bunch of people for no reason. ”

—TRACY, 18, LOCUST VALLEY, NY

HER VICTIM'S SIDE



“ When I heard rumors that I was a 'slut who **stole** boyfriends,' I was shocked—I'm religious and still a virgin! At the same time, Tracy suddenly started to call me 'ugly' and 'fat' to my face or she'd just **ignore** me. I didn't think she

was *behind* the gossip until I went into the school bathroom one day while I was upset and saw someone had written I was a 'fat **whore**' on the wall. When I **confronted** Tracy, she turned to my old friends and said, 'Hey, look at the whore!' It got so out of control that people posted terrible **stories** about me on MySpace. I almost *never* left my house. Finally I had to switch to a new school, where luckily I made a **fresh** start. ”

—DANIELLA, 17, MINEOLA, NY



paris and nicky hilton have been part of the Hollywood rumor mill since they were teens.

PARIS AND NICKY HILTON: SETH BROWNIK/WIREIMAGE.COM



perez hilton and mary-kate olsen look like BFFs, but the blogger (real name Mario Lavandeira) has posted mean gossip about MK's eating habits and style sense.

THE REAL IMPACT OF GOSSIP

Being talked about can be so hurtful. Here's why.



shame

Even if the rumors aren't true, the victim may not be able to live them down for years. And if they happen to be spread online to even *more* people, the pain will only be magnified.



ostracism

Gossip can totally distort other people's views of the victim. So even if *you* know that you should take a rumor with a grain of salt, others may believe it's true—and snub or abuse the person as a result.



embarrassment

The victim can feel violated that someone betrayed her trust—and humiliated that everyone knows her business. It's hard to regain a sense of confidence if you know people are talking about you.



READER EDITOR

"Writing this sidebar made me realize how easily we all pass along gossip without considering who we could be hurting."

—kate, 18

WEB EXTRA

Do you gossip too much? Find out at seventeen.com/quizzes.

BREAK THE HABIT

If you gossip, this is how to quit!

step 1: stop and think

The next time you hear a juicy rumor that you're tempted to pass along, ask yourself, Is it true? Could it hurt someone if I repeated it? Just remembering the consequences is a powerful incentive to zip your lips.

step 2: speak up

When you're around other people who are gossiping, do the right thing. Tell them, "It's not fair to talk about someone unless we were there—how do we know what *really* happened?"

step 3: make amends

If you get caught spreading mean stuff, be brave and apologize to the victim's face. Just say, "I'm so sorry I hurt you—I didn't mean to get caught up in the drama." She'll feel less alone.

for everyone

spread the love

The only way to truly balance out the negative things we dish about is to say something positive—and hope it spreads just as fast! Every time you hear something mean, say something nice about a person. Karma!



paris hilton and nicole richie reportedly had a falling out over gossip—but managed to save their friendship.



jennifer hudson and beyoncé knowles appeared side by side at events to quash gossip that Beyoncé was jealous of Jennifer.

“what it’s really like in rehab”

Emily’s partying didn’t make headlines like Britney’s or Lindsay’s, but she needed help all the same. AS TOLD TO melissa daly

My friends and I used to hang out behind the movie theater in Delray Beach, Florida, where I live.

We were only 13, but we met some older guys there, and I started smoking pot and drinking with them to look “cool.” At first it was just on weekends, but then I began doing it more often, until being sober actually felt weird. Soon I was using ecstasy and entire boxes of over-the-counter drugs. I even went to school high.

One night in April 2005, I came home all messed up, and my mom confronted me, crying. “You’re going to rehab! I don’t care what you say!” she yelled. I was so angry at her for making me go. But at the same time I kind of *wanted* to—I was falling deeper and deeper into this hole. I thought any kind of change might help me get out.

THE FIRST DAY: CHECKING IN

On May 11, I arrived at Comprehensive Alcoholism Rehabilitation Programs (CARP). When I got there, I talked to a psychiatrist, who checked for mental problems by asking me questions like whether I’d ever thought of suicide, what year it was, and who the president was. Then they did a drug test, which was positive for, like, *everything*.



high times
Left: Partying landed Emily, 16, in residential treatment. Top: Today she says, “I can’t describe how great my life is.”

Next they went through my stuff to take away things like tank tops (they can be a gang symbol where the rehab center is located), makeup, and CDs. It was such an invasion of privacy! There were other rules too—no cussing or talking about sex. There were cameras in the halls and microphones in the bedrooms. I shared my room with three of the other six girls in the program. We weren’t locked in, but most girls, like me, were there because their parents had gotten court orders forcing them to go.

I started out at Level Zero, which meant I had *no* privileges. Each week, they said, they’d evaluate my behavior and move me up or down. At Level One I’d get to send and receive mail and make one phone call a week. From Level Two through Four I’d get more phone calls, visitations, and home visits.

That first night I couldn’t sleep. My mattress was plastic and foam, and the room was too dark. I was already so homesick. Even though I was raging mad at them, I missed my parents.

7:30 A.M.: WAKE-UP CALL

We were woken up by an attendant talking over the loudspeaker. After breakfast came morning group, where we talked about how we were all getting along and how we were doing. For the first few days, my answer was “really, really bad.” I was having withdrawal symptoms, like sweats, vomiting, and massive stomachaches. I thought, Please, God, just bring me *anything* to get high and make this stop.



I was totally out of control.

10 A.M.—3 P.M.: SCHOOL

Even though it was summer, we took regular classes, with lunch in between.

3 P.M.—9 P.M.: GROUP THERAPY

The counselors spoke about topics like the health effects of drugs, or we'd role-play situations that had happened with our parents. Sometimes a Level Four girl would just lead an open discussion about things that had made us mad or how we were feeling in general. For the first couple months, I was like, Spare me—I've heard it all before. After dinner at 6, we had even *more* groups.

9 P.M.—10 P.M.: AA

There were Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) meetings each night, in which recovering addicts told their stories. Some were really inspirational, like one woman who went from being a homeless drug addict to



art therapy
Writing in her journal helped Emily through the recovery process. She'd filled two thick volumes by the end of her stay.

do drugs. All the people who told those recovery stories—that could be me. I decided I had to start trying. I talked to my counselor more, and I told the group that I was ready to have a better life. One night the NA/AA speaker was a girl who was kind of punk rock, like me, so I asked her to be my sponsor (a current AA member who guides a new member).

August 2006. I was lying on a couch at a party, feeling like death. I kept asking myself, What would happen to my parents if I died? Before, I hadn't cared if my mom cried when I came home high. But the months of therapy made me realize how selfish I'd been. The next day I threw away my drugs, and I've been clean ever since. Now I have nearly straight A's, a good relationship with my parents, and great new friends. Rehab was the worst, but because of it, I'm happier than I've ever been. 17

“I thought, I’m not going to get anywhere here if I still want to do drugs.”

being a millionaire once she got clean.

I was supposed to stay only for my court order of 60 days. But then my parents and counselors agreed that I wasn't yet recovered, so they had it renewed. I was so pissed, I blew up at them. But I knew it wouldn't do any good; I was stuck there and figured I'd better make the best of it. Not long after that, I woke up one day and thought, I'm not going to get anywhere here or on the outside if I still want to

That was one criterion counselors used to decide if you were ready to get out.

WEEKENDS: PARENT MEETINGS

On Saturdays we had one-on-one sessions with our counselors (and sometimes our parents) to work through issues and plan for life at home. After six *long* months, my counselor felt that my attitude had changed and that I'd reconnected with my mom and dad. That's when she told

me, “You're going home.” I was so happy! I was ready to be sober for good.

But then a month after I left, I went to a party, and I relapsed. That set off an eight-month binge of pot, coke, ecstasy, acid, and mushrooms. My mom suspected it, but I just lied when she asked. It went on until one night in

best part of recovery?
“My new friends,” says Emily (front row, fourth from left, with her drama club), “will always be there for me.”



CELEBS IN REHAB

Even stars need help sometimes.

Britney Spears

She spontaneously shaved her head in February and reportedly checked into rehab three times in one week.



Lindsay Lohan

“I made a proactive decision to take care of my health,” she said in January, after drinking landed her in treatment.



Miss USA 2006

“It's a big community feeling,” said Tara Conner, 21, of her stint in rehab for alcoholism. “They were like family.”

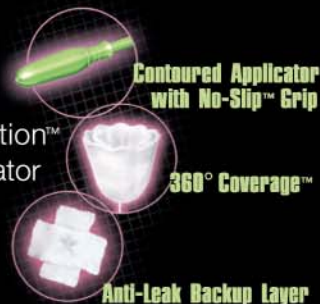




Game time. Any time.
May the best protection win.™



With Playtex® Sport™, you get Sport Level Protection™ every period, every day. Sleek, contoured applicator with No-Slip grip; incredible 360° Coverage design; anti-leak backup layer that won't let you down.



In a nationwide survey, Playtex® Sport™ Super beat Tampax Pearl® Super overall. Find out why. For a free sample and valuable coupon, visit playtexsport.com.

Tampax Pearl® a P&G trademark.



hair today
page 136

Our design director fell in love with a story about fashion icons, so it got us thinking, Who inspires our hair?



scarlett
page 116

She looks so beautiful in pictures (like her Louis Vuitton ad, here), but we got to know the girl behind the glamour.

LOUIS VUITTON



white now
page 132

Shelby won our model contest (that's her entry photo above)! Her bright hair and glowing skin look amazing with spring's white clothes.

seventeen
our inspirations



skinny scandal
page 146

Everyone's talking about how thin runway models are getting. We wanted to talk about how it's affecting you.



how to fall in love
page 122

If cool girls like Cam and Drew can go totally boyfriend-free for a while, so can you.



play clothes
page 124

We loved the hair at the Marc by Marc Jacobs show (right) so much, we couldn't wait to try it in one of our stories!



The Incredible Shrinking Model

HAIR TODAY PHOTOS (FROM LEFT): TIME & LIFE PICTURES/GETTY IMAGES; STEVE SCHAPIRO/CORBIS; LIZ VON HOENE. *SCARLETT* PHOTO: (INSET) RUIVEN AFANADOR. *PLAY CLOTHES* PHOTOS: (MAIN AND FILM STRIP) COLLENA RENTMEESTER; (GRAFFITI) GETTY IMAGES; (MARC BY MARC JACOBS) MCV PHOTO. *SKINNY SCANDAL* PHOTOS: GETTY IMAGES (3). *HOW TO FALL IN LOVE* PHOTO: KEN MAZUR/WIREIMAGE. *WHITE NOW* PHOTO: (INSET) JEFFERY JONES.



ON SCARLETT:
Dress, Betsey
Johnson; earrings,
Roxanne Assoulin
for Lee Angel.



scarlett

scarlett
scarlett
scarlett
scarlett
scarlett
scarlett

**She's got critics and A-list guys eating out of the palm of her hand.
But what we really want to know is if Justin Timberlake is one of them.**

Whether she's teasing Justin Timberlake in the video for "What Goes Around . . . Comes Around" or suspended on a swing in a Louis Vuitton ad, it's hard not to think of Scarlett Johansson, 22, as so cool and mature that she's almost *untouchable*. But that's just her on-screen thing. The *real* Scarlett is a carefree, mascara-obsessed "beauty freak," who had her first kiss during a game of spin the bottle at 11 and who loves flirting with guys and hanging out with friends just as much as she adores her career. The role closest to her life is the smart young woman she plays in her new film, *The Nanny Diaries* (out on April 20), who is just trying to balance a crazy job with a little ➡

By Holly Eagleson
Photographs by Ruven Afanador



romance (sound familiar?). Cuddled up in a cashmere sweater (she collects them!) and snacking on Cheerios, Scarlett opens up about her first love, her hidden talent, and the real deal about her relationships with Josh Hartnett and Justin.

17: You come off as super-sophisticated, yet you're sitting around eating dry Cheerios!

Scarlett Johansson: I'm a little bit of an adult and still a bit of a kid. I hope I never lose the enthusiasm for things like road trips and Cheerios.

17: That kind of personality probably helps you be a better actor. But did you ever want to do anything besides act?

SJ: Well, as a kid I wanted to work in the supermarket checkout line 'cause I was obsessed with the scanner, swooshing products over it. But I'm sure the reality of scanning at the supermarket isn't as exciting.

17: Your character, Annie, in *The Nanny Diaries* can't seem to figure out what to do with her life. Can you relate to that?

SJ: I think it's a strange phenomenon young women are facing now because they have a lot of opportunity. It's a *wonderful* thing, but at the same time most colleges don't provide places for people to be creative and explore all of these options and then focus on how they could apply that to a real job, you know? I think she's in the same situation a lot of friends of mine are in. They're getting out of college, and they don't know how to apply their interest to a job.

17: Do you still keep in touch with your childhood friends from New York?

SJ: Yeah. I have this one friend who remembers every dorky thing I did, like the disgusting guy I had a crush on or the time I ran around an apartment complex in my underwear!

17: When you're hanging out with your friends, what are you most likely to be doing?

SJ: Most of the time we watch movies, paint our toenails, gossip. All that good stuff. I went on a trip recently to the Caribbean with three of my really close girlfriends, and I took a bunch of films with me, like *Dirty Dancing*, *The Princess Bride*, and *The Shining*.

17: Do you get to do that a lot?

SJ: It's so important to go away with your friends—it's really the most relaxing thing you can do. We liked to veg some nights; other nights we'd go out to dinner or out dancing and go to a nightspot.

17: Are you a good dancer?

SJ: I think I've got some fantastic moves! ➡

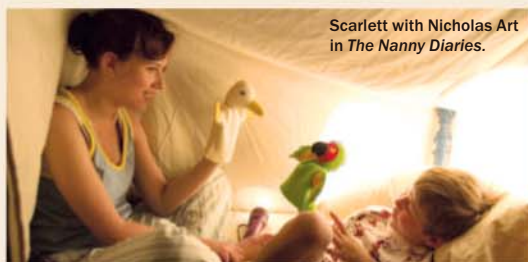
“I always
think I'm right... and
I'm usually
wrong!”





ON SCARLETT:
Dress, Maticevski;
tank (underneath),
Juicy Couture; earrings,
Erickson Beamon.



17: What's your signature dance?**SJ:** Probably the running man!**17: You're getting props for being a curvy girl at a time when everyone is stick thin. Have you always been comfortable with your body?****SJ:** I think that, especially as somebody in the public eye—but as a woman first and foremost—it's so difficult to feel comfortable in the body you have. You always want to look a different way, taller or thinner, whatever it may be. I still struggle with it. I think

Scarlett with Nicholas Art
in *The Nanny Diaries*.

**"I'm a little bit of an adult
and still a bit of a kid."**

everybody does. But it changes as you mature. My body image has definitely gotten better as I've grown. I think a lot of actors are just too thin—it's over-the-top recently. It didn't used to be that way, even 10 years ago. I don't know what happened, but I have confidence it will pass. I think it's just a fashion thing.

17: What would you say is your favorite thing about yourself?**SJ:** Other than my ability to do the running man and the fact that I can sing all the words to Salt 'N' Pepa songs? [Laughs.] I think it's that I find beauty in unusual things, like hanging your head out the window or sitting on a fire escape.**17: What's your least favorite thing about you?****SJ:** I'm very stubborn. It's good to stand up for what you believe, but I think being adamant and being stubborn are two very different things.**17: That's probably good in your work, but is it ever hard for you to compromise in relationships?****SJ:** I would say I compromise quite easily, but if you asked other people, they might say I'm impossible. I'm always willing to compromise. I'm not a control freak. But I always think I'm right. [Laughs.] And most of the time I'm usually wrong!**17: Josh Hartnett called your breakup last fall "really painful." How does it feel to hear that?****SJ:** I didn't know he said that. But to see a relationship

end, it's painful. It's sad. I don't feel it's necessary to let the world know who I'm dating or how it's going.

17: Okay, but what about those rumors that you started dating Justin after shooting his video?**SJ:** We live in a world today where if two people are single—and one's a guy and one's a girl and they're both famous—you're going to be linked with *somebody*. If it's somebody one week, it's going to be somebody else the next week. It's either me or Jessica Biel. [Laughs.]**17: So now that you're single, are you focused on finding a boyfriend again?****SJ:** When I'm single, I don't focus. I focus on a guy if he's a boyfriend, but I don't focus on *finding* a boyfriend. They're never around when you want them. [Laughs.]**17: Are you pretty assertive when it comes to meeting guys?****SJ:** It depends on how they make me feel. If someone is straightforward with me, I'm very confident. But if he's playing a weird mind game, I get very self-conscious.**17: Do you think it's a good idea to play it coy with a guy to keep him interested?****SJ:** I can't stand mind games. But I think you should be mysterious *and* flirtatious. You should always have some mystery in a relationship. You don't wanna know what the person's thinking all the time. And you don't want him to know what *you're* thinking all the time.**17: What was your first love like?****SJ:** I was lucky I found a great boyfriend in high school. We were together for two and a half years—I totally thought we were going to be together forever, which is how it should be.**17: Why did you split?****SJ:** I was young, things happen—nothing tragic. I just grew up. I changed, he didn't.**17: What did the experience teach you?****SJ:** It taught me that it's important not to lose who you are in a relationship just because it's nice to cuddle with somebody. You have to constantly say, Does this person make me happy? Am I comfortable with who I am in this relationship? For true happiness, you're confident that he's not gonna let you down or make you feel stupid—he's, like, your *partner*. That's how you know you're happy. **17****FREE JEWELRY!**

One reader will win the Roxanne Assoulin for
Lee Angel necklace and Helen Ficalora earrings
that Scarlett wears on the cover!
Go to seventeen.com/freesbies to enter.

scarlett's secret side!

Check out the fun stuff about this superstar that you *don't* see on the screen.



she was in *Seventeen* in 1998



she's into '60s folk music



Maggie

she has a Chihuahua



she has a twin brother

Hunter



WEB EXTRA

Watch Scarlett in an exclusive preview of *The Nanny Diaries* at seventeen.com/scarlett.



she's got a nose ring



scary!!

she's obsessed with Halloween

she loves to wear a ponytail





how to

Still bitter from a breakup or single
for what feels like forever? Listen up:
We've got the craziest trick for
finding the right guy! BY MELISSA DALY

FALL

IN LOVE



It's Saturday night. Your best friend is snuggled on the couch with her boyfriend—but you don't have a guy right now. And all you can think about is *why* . . . and how much you want one.

So you text a bunch of girls who are headed to a party—where there are *bound* to be guys. You put on your sexiest heels, your prettiest lip gloss, and your cutest party top. Tonight, you vow, you *will* hook up!

Sound like your typical weekend? With all the pressure you're putting on yourself, there is no way you can be in the proper mind-set to meet a guy who's truly right for you. Always thinking about where to meet guys, how to impress them, and how to make them like you doesn't leave time for much else! When your social life totally revolves around guys—or you start going for ones you barely like just because it's better than not having anything romantic going on at all—a vacation from dating might be just what you need to get reenergized . . . and eventually land the perfect guy. Here's how to try it.

step 1

Start small.

One day this week take yourself off the market and do whatever *you* want to do, without even thinking about the guy-related ramifications. Will your outfit get his attention? Who cares? *You* like it, so you're wearing it! Will more guys be at the skate park or at the mall after school? Who cares? *You* feel like lying out on your deck and reading a book! By bedtime you'll realize that the day wasn't a total wash just because you didn't flirt with any guys, and you'll remember how fun it is just to tune into your random impulses and favorite habits without worrying about anyone else.

step 2

Reconnect with friends.

Hanging out with your girls actually releases megadoses of oxytocin, a bonding hormone in your brain that helps you feel connected. Sure, you see your friends every day, but it's important to make time for those super-intense sessions where you really *talk* to each other (about something other than guys!). You know they're way more than just wing-girls, so this weekend plan a night out with only them. Get dressed up, and split appetizers and desserts at a chichi restaurant. Go ahead and order extra onions on your quesadillas—no boys to kiss tonight, so it's okay!

step 3

See guys as people.

Of course you don't have to cut guys out of your life altogether. Your next step is to begin thinking of them as more than just date material. Start by giving your full attention to whomever you're talking to, regardless of whether it's someone who could be a crush or someone you'd never consider going out with. Now that you're simply being friendly, you don't have to limit yourself to only the drop-dead gorgeous ones or the guys who are your "type." Even if you're not interested in them romantically, you might actually really like hanging out with them.

On the other hand, when the person you're talking to just happens to be the hottest guy ever, you won't have to feel anxious or intimidated, because you're not trying to impress him. It doesn't matter if he *likes you*—likes you, or likes you as a friend. You're just meeting new people without caring about what comes next.

And when you *do* meet someone you like—which is bound to happen, since you've gotten to know yourself better and you've washed off the stink of desperation—there is no reason the two of you can't become better friends. Give it a few more weeks, and if it turns out you're really into him, that's it, break's over! When you *want* a boyfriend—rather than feeling like you *need* one—it's a good sign that you're ready for real love.

PS...

Already have a boyfriend?

You still need regular time on your own to stay in touch with your inner hopes and drives and make sure your relationship is what you want it to be. Every now and then take a weekend off to do your own thing, or proclaim every other Friday a girls' night. You'll remember that your guy is *one* great part of your life—not *all* of it. **17**



"I DID IT!"

"After a bad breakup, I wanted to stay single for a while. I found that once you're happy with your own life, your next relationship doesn't seem so stressful because you know if it doesn't work out, you can still be content with yourself."

—TONI, 18, CHINO HILLS, CA



Play clothes

Spending an afternoon with the boys is time without style rules. So go on, layer something sexy with something sporty—or mix daring with sweet. It's your day to just have fun with fashion!

photographs by coliena rentmeester

jacket Sizes S-L, Yank, \$59, select Macy's

shirt (underneath jacket), sizes S-XL, WD-NY, \$98, Lord & Taylor

tank (underneath shirt), sizes S-L, Alternative, \$30, alternativeapparel.com

shorts Sizes S-L, American Apparel, \$22, americanapparel.net

leggings Sizes XXS-L, So Low, \$48, solowstyle.com

necklaces Heart necklace, Claire's, \$6, Claire's stores; star necklace, Girlprops, \$17, girlprops.com; orange necklace, American Eagle Outfitters, \$18, ae.com

shoes Sizes 5-11, Charles Albert, \$34, delias.com

When every one of your pieces is
totally cute, mixing looks crazy-cool!



romper Sizes S–L,
Heritage 1981,
\$23, Forever 21 stores

blouse (underneath
romper), sizes XS–L,
United Colors of Benetton,
\$64, United Colors of
Benetton stores

leotard (underneath
blouse), Danskin,
go to danskin.com for
similar styles

bracelet Claire's, \$3,
Claire's stores

belt Sizes S–XL,
Accessories for Target,
\$10, select Target stores

shoes Sizes 5–10, Qupid,
\$20, Wet Seal stores and
gojane.com



SALE 50% OFF

SALE 50% OFF



dress Sizes XS-L,
Le Tigre, \$160,
letigreusa.com

camis (underneath),
sizes XS-XL,
Charlotte Tarantola,
\$74, Nordstrom

leggings Sizes XS-XL,
Uniqlo, \$30,
877-486-4756

belt Sizes S-XL,
Rainbow, \$8,
Rainbow stores

shoes Sizes 5-11, Vans,
\$60, vans.com/girls





At the end of
the day, fashion
should reflect
how you feel.
And this comfy
outfit is *carefree*.

jacket Sizes S-XL,
Free Country, \$59,
select Macy's

tank Sizes XS-XL,
Realitee, \$28,
nordstrom.com

shorts Sizes XS-XL,
Delia's, \$19, delias.com

necklace Urban
Outfitters, \$20,
Urban Outfitters stores

belt Sizes S-XL,
Nine West, \$28,
Nine West stores

shoes Sizes 5-11,
Bakers, \$60,
Bakers stores and
bakersshoes.com



250 F 6.5

M

P80/2 220

jumper dressSizes XS-XL, UFO, \$64,
bewild.com**blouse** (underneath
jumper dress),
sizes XS-L,
Le Tigre, \$62,
letigreusa.com**shirt** (underneath
blouse), sizes XS-L,
Pulcini, \$64,
shopkitson.com**belt** Sizes S and M,
Le Tigre, \$16,
letigreusa.com



hoodie Sizes XS-XL,
Charlotte Tarantola,
\$97, select Macy's

white tank Sizes
XS-XL, Nike, \$55,
nikewomen.com

leopard-print tank
Sizes S-L, B.B. Dakota,
\$26, Up Against the
Wall stores

skirt Sizes 0-13,
Roxy, \$48, Quiksilver/
Roxy stores

shoes Sizes 5-10,
Qupid, \$20, gojane.com

Showing a bit of leopard is like having
a sexy secret you *might* want to share.



WHITE NOW

seventeen
**Reader
Model
Contest**
in partnership with **FORD**
MODELS **WINNER!**

What's fresh, modern,
and totally sweet?
Spring's white-hot
new looks... *and*
Shelby Howard, 15, of
Jupiter, Florida, who
won our contest to be a
Ford model and the
new face of *Seventeen*!
Photographs by Jeffery Jones



top Sizes 0-10, Mint
Jodi Arnold, \$290,
Neiman Marcus,
Beverly Hills, CA;
800-365-7989

shorts Sizes S-L,
Bebe, \$89, bebe.com

socks Sizes 1-2,
Hue, \$5, Macy's

shoes Sizes 6-10,
Delman, \$375,
delmanshoes.com



“
I love simple,
understated
pieces—they
look so elegant.”
”



dress Sizes 0–10,
Jill Stuart, **\$448**,
Jill Stuart boutique,
New York, NY; call
212-343-2300 to order

socks Via Spiga by
Leg Resource,
\$8, 877-347-6257

shoes Sizes 5–11, Nine
West, **\$79**, ninenwest.com



“
I wear lots
of white—it
feels so beachy
and clean!
”



top Sizes 0–12,
Rebecca Taylor, **\$320**,
neimanmarcus.com

bermuda shorts
Sizes 0–12, Julie Haus,
\$255, Oak Hall,
Memphis, TN; call
901-761-3580 to order

shoes Sizes 6–11,
Baby Phat by Kimora
Lee Simmons, **\$70**,
babyphat.com

Fashion Stylist: Jessica Moriber
Hair: Alejandra for Artists/Phyto
Makeup: Elisa Flowers for
M.A.C Cosmetics
Still Lifes: Jesus Ayala/Studio D
and Jay Muckle/Studio D
Still Lifes Stylist: Christy Alcebo

DO IT WHITE

Here's how to get the white look without spending a lot of green!

lip gloss Mark
Hook Up Mints &
Glow Baby Glow
Luxe Lip Gloss, \$10,
meetmark.com



top Sizes 0-18,
American Eagle
Outfitters, \$35,
American Eagle
Outfitters stores



nail polish
Revlon Sweet
Nothings Radiant
Lacquer in Satin
Sheets, \$7,
drugstores

dress Sizes S-L,
Heritage 1981,
\$28, Forever 21
stores



lotion Le Couvent
des Minimes
Moisturizing Body
Milk, \$16, Bath &
Body Works stores



purse Super Trader, Inc.,
\$14, lulusfashionlounge.com



necklace
Girlprops, \$4,
girlprops.com



belt Sizes S-L, XXXL,
\$50, xoxo.com



skirt Sizes S-L,
Mimi Chica, \$54,
mimichica.com

eyeshadow L'Oréal
Paris HIP High
Intensity Pigments
Shocking Shadow
Pigments in Restless,
\$15, drugstores



shoes Sizes 6-12,
Charles Albert, \$25,
Rainbow stores



shorts Sizes 1-13, Kenzie Girl,
\$38, Nordstrom and Parisian



body spray
Issey Miyake
L'Eau d'Issey
Moisturizing
Body Mist, \$48,
Nordstrom



17 Tip

The key to this look is sideswept bangs—your shortest layer should hit between your eyes and your chin to pull off Farrah's signature flip. Turn to page 144 for step-by-step directions to get this look.

Hair TODAY

You're inspired by celeb styles, but did you ever wonder who inspires *them*? We went to the source to help you create your own iconic look!

The **FARRAH**

Farrah Fawcett is as famous for her feathered waves as she is for kicking butt as one of the original '70s Charlie's Angels.



ICON

Farrah Fawcett



NICOLE RICHIE



GABRIELLE UNION



PARIS HILTON



JESSICA ALBA



JESSICA SIMPSON



MADONNA



CHRISTINA MILIAN

The DIANA

Diana Ross's life inspired the movie *Dreamgirls*, and her voluminous hair inspired these celebs' dream curls!



ICON
Diana Ross

SHAKIRA



BEYONCÉ KNOWLES



ASHLEY OLSEN



RIHANNA



SARAH JESSICA PARKER



JENNIFER HUDSON



JENNIFER LOPEZ





17 Tip

Don't brush your hair: Whether you have naturally tight curls or create them with a curling iron, once your hair is curled, you should touch it as little as possible. Turn to page 144 for step-by-step directions to get this look.



17 Tip

Freshly trimmed hair is crucial for this look—when your style is stick-straight, it shows off any damaged or split ends. Turn to page 145 for step-by-step directions to get this look.



The ALI

Ali MacGraw's starring role in *Love Story* started a love story between girls and sleek, center-parted hair.

ICON

Ali MacGraw



LINDSAY LOHAN



MOLLY SIMS



JOY BRYANT



RACHEL BILSON



GWYNETH PALTROW



MARIA MENOUNOS



COURTENey COX ARQUETTE & JENNIFER ANISTON

The MARILYN

Marilyn Monroe's soft pin curls made her the pinup girl whom everyone wanted to emulate!

ICON

Marilyn Monroe



EVA MENDES



CORINNE BAILEY RAE



GWEN STEFANI



CHRISTINA AGUILERA



ELLEN POMPEO



SCARLETT JOHANSSON



NATALIE PORTMAN





17 Tip

To smooth this style, spray hairspray directly onto a paddle brush, then run it through your hair: It will tame flyaways and loosen your curls. Turn to page 145 for step-by-step directions to get this look.

ON MODEL: HALTER, EDRESSME.

Fashion Stylist: Sophie Colle
Hair: Greg Bitterman for Kérastase/
See Management
Makeup: Jodie Boland for M.A.C/
See Management
Still Lifes of Products: Chris Eckert/
Studio D: Aric Mayer

Get The Look

The FARRAH



STEP 1



PREP

Spritz a volumizing spray all over damp hair until it's completely saturated.
try: Kérastase Volumactive Volume Expansion Spray, \$34, kerastase.com

STEP 2



DRY

Blow-dry hair with a metal round brush to create loose waves. Roll the brush upward when doing your shortest layer to create the flip.
try: Revlon Thermal Roundbrush, \$5, drugstores

STEP 3



HOLD

Finish by lightly misting your hair with a high-hold hairspray. Hold the can 10" away for even coverage.
try: Aussie Sun-Touched Shine Hi Hold + Hi Shine Hair Spray, \$3, drugstores

The DIANA



STEP 1



TAME

Apply a golf ball-size amount of mousse to ends to bring out your curls.
try: Pantene Pro-V Style Curl Defining Scrunching Mousse, \$4, drugstores

STEP 2



DEFINE

Wrap frizzy or messy curls that need extra definition around a ¾" curling iron. To create even more curls, use it on 1" sections all over. **try:** Hot Tools Ceramic + Titanium Spring Iron, \$41, beauty supply stores

STEP 3



POLISH

Rub a dime-size amount of shine serum onto your hands, then gently rake your fingers through your curls once. **try:** Nexus Phyto Organics Veneer Shine Drops, \$12, salons

Transform your everyday hair into modern versions of these iconic styles in three easy steps!

The ALI



STEP 1



SMOOTH

Apply a quarter-size amount of gel to damp hair from roots to ends, then blow-dry straight.

try: Bumble & Bumble Straight, \$24, bumbleandbumble.com

STEP 2



STRAIGHTEN

Part your hair in the center, then run a ceramic flat-iron over 3"-wide sections to make it smooth and shiny.

try: Remington T Studio Collection 1" Slim Active Ion Flat Iron, \$40, drugstores

STEP 3



FINISH

Spritz your hair with a light shine spray. Hold the bottle 8" away and apply to your ends until they've all been spritzed once.

try: Tresemmé No Frizz Shine Spray, \$4, drugstores

The MARILYN



STEP 1



LIFT

Spritz volumizing spray onto damp roots, then blow-dry upside-down for lots of volume.

try: John Frieda Sheer Blonde Full-Blown Blonde Volumizing Spray, \$6, drugstores

STEP 2



CURL

Put hair in hot rollers (place the largest on top of your head and roll forward), and let them cool.

try: Conair Infiniti Tourmaline Ceramic Flocked Rollers, \$50, drugstores

STEP 3



SET

After you remove the rollers, evenly mist your hair with an aerosol hairspray from 10" away to hold your curls.

try: Infinium by L'Oréal Professionnel, \$18, salons



“[Models] are way too thin. It is only bones that stick out!”

—SUPERMODEL CLAUDIA SCHIFFER

scary skinny

Some models are naturally thin, but others struggle to meet standards their bodies can't handle.

SKINNY SCANDAL

These days the fashion world seems totally obsessed with super-thin models. But when runway girls are glorified for being just skin and bones, does that make the rest of us feel worthless if we're not? By Holly Eagleson

JUST AS STYLE TRENDS COME AND GO (BOOT-CUT LEGS! NO, SKINNY JEANS!), the body shapes of the models who wear them can shift on a whim. And lately more and more girls are so thin, they have ribs you can visibly count. So why does this matter to you? Even if you know it's a model's *job* to be skinny—and it's *your* job to be your bright and talented self—as models' body sizes shrink, your confidence could be disappearing too. Think about it: From fashion TV networks to glossy couture ads, you're bombarded with images of models representing the "ideal." If you don't look like them, you may feel you don't deserve a life as great as theirs seem—or that you should change your body to look like theirs do. Sometimes the pressure to reach for unattainable thinness is more subtle. You might not even realize you've become more critical of your shape and less at peace with your body. At *Seventeen* we're taking a stand by using healthy girls of all sizes to model the latest trends. And we show you how to dress so you love your figure—not "fix" it. But as long as designers create clothes they think look best on super-small bodies and model agents pressure girls to stay thin, we'll be surrounded by skinny models. Here's what you need to know to get a balanced perspective and to keep a healthy body *and* mind.



MAIN PHOTO: ELIZABETH LIPPMAN. ALL RUNWAY PHOTOS: MOV PHOTO.





life in pictures
Amanda (in a modeling pic from 2000 at left) is now a little heavier but so much happier.

"The pressure to be thin really damages your psyche!"

clients at castings who constantly asked, 'Can you lose weight?' and who'd get mad if you didn't fit into their size-2 and size-4 clothes. There was a *lot* of **pressure** to be skinny. So some girls would barely eat—they'd **party** and do cocaine all night and then have just a bagel and cream cheese or raw vegetables and yogurt for the day. I was six feet tall and 135 pounds, but as I naturally grew hips and bigger breasts, I felt like I couldn't let my normal development happen. My agency told me, 'We want you to lose an inch or two,' and when I couldn't **lose** it right away, they'd ask me to come in every week to get **measured**. It would freak me out for the *entire* week—and God forbid if I had my period and was a little bloated! But even if I'd had zero percent body fat, my agents would have thought I was too heavy because my **body** was naturally larger than some other girls'. After six years, I didn't have the drive to stay **super-skinny** anymore—I felt like I was *constantly* being watched. So I left the industry to study art. But when I look at my body, I *still* think that if I don't look like the **waifs** on the runway, I'm the fattest girl. It really damages your psyche! But I remind myself that **curves** are beautiful. And I've realized there is so much more you can do in life: You should never go to **extreme** measures to look like a model.

—AMANDA IS THE COAUTHOR OF THE NOVEL **SECRETS OF THE MODEL DORM** (ATRIA, 2007).

the real MODEL LIFE

Think only super-skinny looks pretty? Former model **Amanda Kerlin** says there's a scary side to staying so thin.

“When I was 16, I moved into an apartment my modeling **agency** rented for six up-and-coming models. I was surrounded by super-thin girls who would give you dirty ‘I’m better than you because I’m thinner than you’ looks. It was so **intimidating**. And the only adults around were bookers or

SUCCESS STORY



THEN

Crystal Renn was discovered at 14 by a top modeling agent. After he told her to lose 10 inches from her hips, she starved herself and worked out up to eight hours a day to get down to an alarming 95 pounds. But as her body began to

rebel—her hair thinned, her skin dried out, and she stopped getting her period—she decided to no longer abuse it, and she let it become its natural size. Recently, at age 20 and a size 12, she snagged Dolce & Gabbana's high-profile spring/summer 2006 campaign and walked the runway for legendary designer Jean Paul Gaultier. “I was a lot more comfortable with who I was,” she said about life after gaining weight. “That [comfort] boosted my career because I became a better model.”



naturally beautiful
Crystal Renn with Jean Paul Gaultier at his 2006 spring/summer show.

ROLE MODELS

“ I hope [talking about skinny models] will help girls. . . It's possible to be crueller to yourself than you would be to your worst enemy. ”

—NATALIA VODIANOVA
SUPERMODEL

After she started modeling, Natalia says she began to hate her body—no matter how thin she got. Now she's on a mission to protect girls' health!

“ I still feel hot. . . I think there's more power in embracing what I am now and showcasing that. ”

—TYRA BANKS

TOP MODEL/TALK-SHOW HOST

At 5 feet 10 inches and 160 pounds, Tyra looks amazing, and she's happy she doesn't have to “live up to that model standard anymore.”

SHAME ON YOU!

“ I'm dying to find kids who are too thin. I've got 42 models in my agency, and I'm trying to get them to lose weight. In fact, I wish they'd come down with some anorexia. ”

—JANICE DICKINSON
FORMER SUPERMODEL AND
CURRENT AGENCY OWNER

► **WEB EXTRA**
Should skinny models be banned from the runway? Sound off at seventeen.com/models.

food for thought
Models are being encouraged to eat at shoots and shows.

HOW THE INDUSTRY IS CHANGING

- **backstage improvements** February's New York shows served plenty of H₂O and healthy foods. Smoking and alcohol were also discouraged. (They still have some work to do, though: A diet-pill company was a sponsor of L.A.'s fall 2006 Fashion Week!)
- **monitoring minors** Now models in New York must be 16 to walk in runway shows, and to curb sleeplessness during the events, girls under 18 can't be at fittings or shoots past midnight. They also must have regular breaks and rest, so their bodies aren't too stressed.
- **global efforts** After three South American models died of anorexia-related health problems, Spanish and Italian fashion-week organizations banned models with a body-mass index (BMI) under 18. (BMI is a calculation of weight in relation to height—anything under 18.5 is considered unhealthy.) Spanish government officials and designers have also agreed not to show clothing under a size 6 in shop windows.

what you think



THEY AFFECTED ME! “I see all these skinny models and then look in the mirror and feel like I'm obese—even though I'm normal. I hate how it's impossible for a girl to like herself these days. I just want us to grow up being okay with our bodies!” —DEANNA, 16, CLINTON, NJ



DOESN'T BOTHER ME! “It's unfair to hate naturally skinny models. It's like me complaining that they're too tall just because I wish I could grow a couple more inches.” —SARAH, 17, FALLS CHURCH, VA



fun stuff

go ahead,
laugh it off!

Everyone has had humiliating moments.
Read 'em and crack yourself up!

HE SAYS/SHE SAYS

“ I was at a store and a weird-looking girl commented on a dress I was admiring. I told her it would look great on her. Then she glared at me and said, ‘I’m a guy. I was going to buy this for my *girlfriend*.’ Oops! ”

very personal shopper

"I was at the mall one day with my boyfriend and a few other friends, and we wandered into Victoria's Secret. I was looking at thongs and found this really sexy hot pink one. I turned around without looking and jokingly said to my boyfriend, 'Hey, you should wear this.' Then I noticed it *wasn't* my boyfriend behind me—it was my grandfather, who had come to pick me up! I wanted to die. My friends won't let me forget about that incident!"

FRENCH KISS

“My teacher prefers that we e-mail him our essays. I successfully uploaded my paper on the French Revolution one day, and I was relieved it had gone through—usually I'm pretty bad with computers. But then he e-mailed me back asking, 'What does your bikini have to do with the French Revolution?' I was confused until I realized that I had accidentally attached the wrong file—a picture of me in a swimsuit, blowing a kiss to the camera! It was so embarrassing.”

seeing red

"I had my period at school, and in between classes I ran to the bathroom to change my pad. While I was in there the bell rang, which meant I was late for class. For some reason, there wasn't a trash can in my stall, and I couldn't waste more time—so I tucked the used pad in the small pocket of my backpack and ran to class. Once I got to my seat, I noticed the boy next to me looking at me kind of weird. I glanced down at my bag and saw that I'd forgotten to close the zipper. Turns out, the gross pad was in full view! I could not *believe* that had happened."

name game

"One day I was really bored at my after-school job, so I went online to a site that explains the meaning behind names and looked up mine. Then I remembered my mom's friend was pregnant and looking for ideas for what to call her baby, so I wrote down *baby names* and listed some cool ones and their meanings on paper. Later on I went to my boyfriend's house—and all of a sudden his mom demanded to know why I was looking at baby names. I guess the sheet of paper fell out of my pocket and made her think I was pregnant! We had a really long talk about safe sex after that."

off the rack

"My friends and I were walking around the mall when we saw a really hot guy working at a CD store. We decided to go in and flirt with him a little. The manager kept glaring at us, so I pretended I was looking at CDs. Then I leaned on a rack behind me to look cool. Turns out, it wasn't bolted into the ground—and *everything* fell, including me. Hundreds of CDs scattered across the floor. I looked up from the middle of the pile, only to see my friends bolt. They left me there to face the hot guy and his boss!"

jet fuel

"I invited my best friend and two hot guys to come hang out in the Jacuzzi at my house. While the jets were still running, I thought it would be safe to let out a fart, because the bubbles would look like they came from the Jacuzzi. Little did I know, my friend had just turned off the jets. To my horror she asked, 'Why are the jets still running?' I looked down and the only bubbles were the ones coming out of me! The guys started laughing, and I was mortified."

fire and brimstone

"One Sunday I had to carry one of four 'praise banners' that are mounted on the altar at church. Before the service, I was supposed to take a flag from the sanctuary to the back room. As I was carrying it, I didn't notice

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TURN for more traumas! ➔



the huge candle beside me, and my banner brushed up against it, catching fire! Everyone was trying to blow out the flames while the fire alarm went off. They had to delay the entire service because of me.”

multitasker

“I was in the middle of taking a test, and it was dead quiet in the room. I really had to sneeze but was trying so hard to keep it in. Finally I couldn’t hold back anymore, and I let it out—but at the end of my sneeze, I farted really loud! *Everyone* heard it. Now my new nickname is Snarty (*sneeze* and *fart* mixed together). Horrible!”

butt double

“My best guy friend and I have this joke where we’ll sneak up and pinch each other. One day between classes I saw him in the hall. So I crept up behind him and pinched his butt pretty hard. He jumped and turned around, but then I realized it wasn’t my friend—it was my history teacher! He looked at me like I was crazy.”

go fish

“My boyfriend took me to SeaWorld, and we decided to go see the seals first. He left and came back with a tray of fish to feed them. While I was tossing out the fish, my boyfriend stepped back to take a picture, and all of a sudden I saw this huge bird flying toward me. It wanted the fish—and basically attacked *me* to get them! My boyfriend was laughing his head off, telling me that he got a hilarious picture of it all. Of course he still has it today and shows *everyone*.”

puddle jumper

“One day my ex and his new girlfriend came into the restaurant where I work. I wanted to make him jealous, so I went over to my new boyfriend, who happened to be at another table. I started flirting with him and laughing to make it look like I was having fun. During my little act I didn’t realize the floor had been freshly mopped, and just as I passed my ex’s table, I slipped and fell right on my butt! Then I heard his new girlfriend say, ‘I can’t believe

you went out with that girl!’ I was humiliated.”

urine trouble

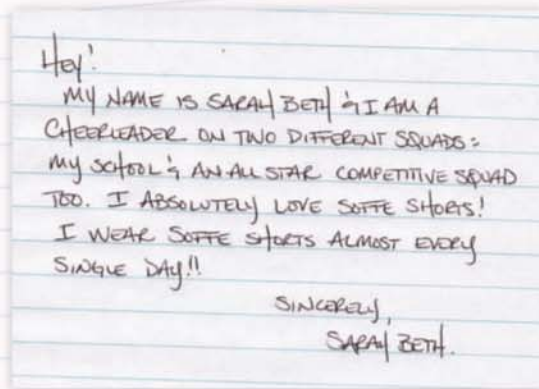
“In eighth grade we had these little scooters in our gym class. One day my friend was pushing me on a scooter, and we were going so fast that we couldn’t stop. I went flying into the wall, and I started laughing so hard that I peed my pants! And if that wasn’t embarrassing enough, my friend had to tell the teacher—who happened to be my crush’s mom—so that I could be excused to change my clothes. People who weren’t even in my grade were talking about it for weeks.”

mistaken identity

“My friend and I were at a birthday party for one of her relatives. I decided to join in on a conversation, so I walked up to one of the adults and made small talk. I remarked, ‘Wow, you look really great for being Shirley’s grandmother!’ She stared at me and then said, ‘I’m her *aunt*.’ Ouch! I apologized and avoided her the rest of the night.” 17



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HOW TO ENTER THE NANNY DIARIES MOVIE SWEEPSTAKES (on cover): Complete and submit the online entry form, including submitting the entry code found on the promotional sticker on the May 2007 cover of *Seventeen*, at seventeen.com/nannydiaries beginning at 12:01 A.M. ET, April 3, 2007, through 11:59 P.M. ET, May 9, 2007. Winners will be determined by comparing individual sweepstakes numbers on all eligible entries received with the pre-selected winning numbers. Odds of winning are approximately 1:62. Must be between the ages of 13 and 29 and a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Ten thousand (10,000) winners will receive one (1) movie ticket to *The Nanny Diaries* (approximate retail value: \$7.50; total approximate retail value of promotion: \$75,000). To request a sticker, mail a 3" x 5" card with your name, age, complete address, telephone number, and e-mail address with first-class postage affixed to: Seventeen Nanny Diaries, P.O. Box 6831, Incline Village, NV 89451. Mail entry must be postmarked by May 1, 2007 and received by May 4, 2007. Winners will be chosen and notified via e-mail or postal mail, at Sponsor's discretion, by May 9, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/nannydiaries.

HOW TO ENTER DAILY FREEBIES (page 16): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, May 1, 2007, through 11:59 P.M. ET, May 31, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE RUNWAY REPORT SWEEPSTAKES (page 24): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. One (1) winner will receive one (1) pair of red flats from Shiekh (approximate retail value: \$30). One (1) winner will receive one (1) pair of yellow-and-white heels from GoJane (approximate retail value: \$21). Total approximate retail value of entire prize package: \$51. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE CUTEST SNEAKERS SWEEPSTAKES (page 30): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. One (1) winner will receive one (1) pair of sneakers from K-Swiss, available at finishline (approximate retail value: \$65). One (1) winner will receive one (1) pair of Scarlett "Hearts" RBK for Reebok sneakers (approximate retail value: \$85). One (1) winner will receive one (1) pair of sneakers from L.A.M.B. Footwear (approximate retail value: \$99). One (1) winner will receive one (1) pair of sneakers from Onitsuka Tiger (approximate retail value: \$80). One (1) winner will receive one (1) pair of sneakers from DVS Shoe Company, available on zappos.com (approximate retail value: \$54). One (1) winner will receive one (1) pair of sneakers from Ethnies Girl (approximate retail value: \$59). One (1) winner will receive one (1) pair of sneakers from Diesel (approximate retail value: \$85). One (1) winner will receive one (1) pair of sneakers from Gola (approximate retail value: \$200). One (1) winner will receive one (1) pair of sneakers from Red by Mark Ecko (approximate retail value: \$65). One (1) winner will receive one (1) pair of sneakers from Kangaroos (approximate retail value: \$60). One (1) winner will receive one (1) pair of sneakers from Keds (approximate retail value: \$45). Total approximate retail value of entire prize package: \$897. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE ELEMENTS OF STYLE SWEEPSTAKES (page 34): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. Five (5) winners will receive a blue tank with eyelet bottom from Romy (approximate retail value: \$42 each). Ten (10) winners will receive a floral top from Charlotte Russe (approximate retail value: \$23 each). Seventeen (17) winners will receive a striped white dress from Maurices (approximate retail value: \$44 each). Ten (10) winners will receive a green-and-white gingham dress from B.B. Dakota (approximate retail value: \$48 each). Ten (10) winners will receive a gray heart-print top from Arizona by JCPenney (approximate retail value: \$18 each). One (1) winner will receive one (1) red-and-orange hoodie from Rue21 (approximate retail value: \$20). Ten (10) readers will receive a jacket from American Apparel (approximate retail value: \$54 each). One (1) winner will receive a black polka-dot dress from Freshwear by Buckle (approximate retail value: \$30).

Total approximate retail value of entire prize package: \$2,438. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SUPER SHOPPER SWEEPSTAKES (page 42): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. One (1) winner will receive one (1) yellow headband from Wet Seal (approximate retail value: \$5). One (1) winner will receive one (1) flower-print bathing suit from Marshalls (approximate retail value: \$17). One (1) winner will receive one (1) pair of yellow heels from Deb stores (approximate retail value: \$20). One (1) winner will receive one (1) charm bracelet from Charm It! Hello Kitty by High Intensity (approximate retail value: \$15). One (1) winner will receive one (1) pair of green earrings from Rue21 (approximate retail value: \$4). One (1) winner will receive one (1) striped tank top from Charlotte Russe (approximate retail value: \$10). Total approximate retail value of entire prize package: \$71. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE 17 LOOK SWEEPSTAKES (page 51): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. Five hundred (500) winners will receive one (1) Styli-Style Line & Seal 24 liner in Jade (approximate retail value: \$6 each). Total approximate retail value of entire prize package: \$3,000. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE MAKEUP BOOK SWEEPSTAKES (page 52): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. Thirty (30) winners will receive the book *The 5 Minute Face: The Quick and Easy Makeup Guide for Every Woman* (approximate retail value: \$20 each). Total approximate retail value of entire prize package: \$600. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE PERFUME SHOPPER SWEEPSTAKES (page 65): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. One (1) winner will receive one (1) bottle of each of the following perfumes: Coach The Fragrance (approximate retail value: \$68), Ralph Lauren Ralph Rocks (approximate retail value: \$45), ck IN2U (approximate retail value: \$36), Island Michael Kors Hawaii (approximate retail value: \$60), Agent Provocateur Maitresse (approximate retail value: \$80), Valentino Rock 'n Rose (approximate retail value: \$58), Missoni Eau de Toilette (approximate retail value: \$85), and Britney Spears Midnight Fantasy (approximate retail value: \$55). Approximate retail value of entire prize package: \$487. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE NEW BODY, NEW YOU SWEEPSTAKES (page 89): Complete and submit the online entry form at seventeen.com/challenge beginning at midnight ET, April 10, 2007, through 11:59 P.M. ET, May 7, 2007. One (1) winner will receive two (2) Dance Dance Revolution SuperNova Games for PlayStation 2 from Konami (approximate retail value: \$60). Total approximate retail value of entire prize package: \$120. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE GUYS TALK SWEEPSTAKES (page 97): Send a text message to number 83200 from your text messaging-capable wireless device with one of the following votes: "GT YES" or "GT NO" from midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. Once you vote, you will receive a text message confirmation on your text messaging-capable wireless device and will be entered in the sweepstakes. Vote as many times as you like, but you will be entered in the sweepstakes only once. One (1) winner will receive a Mio DigiWalker H610 Handheld Personal Navigation and Digital Entertainment Device (approximate retail value: \$500). Entrants will be charged for sending, receiving, and responding to SMS according to their carriers' rate plan(s). If you prefer, send your vote on a 3 1/2" x 5" postcard, along with your name, telephone number, and the issue's month to *Seventeen*, P.O. Box 1707, Sandusky, OH 44871-1707. Mail entries must be postmarked by May 7, 2007, and received by May 11, 2007. Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

HOW TO ENTER THE SCARLETT JOHANSSON COVER STORY SWEEPSTAKES (page 120): Complete and submit the online entry form at seventeen.com/freebies beginning at midnight ET, April 3, 2007, through 11:59 P.M. ET, May 7, 2007. One (1) winner will receive two pieces of jewelry that Scarlett wears on the cover of the May issue: one (1) Roxanne Assoulin for Lee Angel semiprecious-and-white-enamel branch necklace (approximate retail value: \$220) and one (1) pair of Helen Ficalora Starfish 14k yellow-gold earrings (approximate retail value: \$350; total approximate retail value of sweepstakes: \$570). Sweepstakes subject to complete Official Rules available at seventeen.com/freebies.

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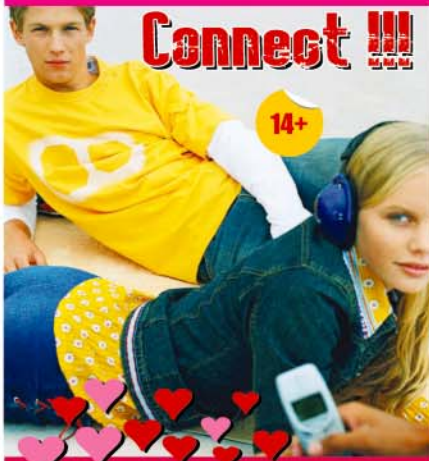


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taurus

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taurus

April 20–May 20

The full moon on May 2 will bring out your hidden envious streak in a major way: A friend has been flirting with a cute new guy at school, and you won't rest until his eyes are on you. The truth is, this guy is *not* worth risking a friendship for—so don't bother with him. Your friend will find out what a dog he is soon enough.

gemini

May 21–June 20

This month you'll need to make things as exciting as possible. Your current friends can't help—they want to do the same boring stuff—so you'll have to find fun elsewhere. Thankfully Mercury in your sign from May 11 will bring another hilarious Gemini into your circle. This person will give you the boost you've been looking for.

cancer

June 21–July 22

Do that wild and crazy thing you've been dying to try around the new moon on May 16. Yes, it's way out of character, and yes, you'll be a little embarrassed about it later. But secretly you won't care—and you'll be thrilled you overcame your shyness for once in your life! It might even bring out your daring nature for good.

leo

July 23–August 22

For the past few weeks, you've held back and instead let others enjoy the spotlight—but now it's time to return to center stage! Around May 15 risk-taking Mars will reignite your strong sense of adventure, so sign up for the talent show or the school play, and remind everyone what *real* star quality looks like.

virgo

August 23–September 22

Okay, so things have been kind of slow in the love department lately. But there is a strong romantic vibe in the air this month. On May 8 and 25, affectionate Venus will break down your cool exterior and reveal your passionate side—and lucky for you, a really hot guy in one of your classes will take notice.

libra

September 23–October 22

Before May 15, you'll charm people off their feet in order to get this one thing you want. But when someone gets in your way, you won't bother with niceties—you'll just take it. Your headstrong attitude will make people nervous, considering you're usually so levelheaded, but it's okay to fight for something you think is important.

scorpio

October 23–November 21

Your emotions will be all over the place when the moon is full in your sign on May 2—you'll be stressed out one second, lost in thought the next. But by the time of the new moon on May 16, someone new (and incredibly cute!) will have a very calming influence over you and will balance out your turbulent nature.

sagittarius

November 22–December 21

You're typically easygoing, but you'll find you're *extra* touchy this month. First you'll be fighting with your family more than usual. Then a joke that a good friend makes on May 20 will get under your ultrathin skin. Freaking out won't get you anywhere—the best cure for your moodiness will be to just have some fun.

capricorn

December 22–January 19

No more Miss Goody Two-shoes—you're on a mission to let loose and show people your spontaneous side. The new moon on May 16 will inspire you to take up a new hobby, introduce yourself to new friends, and actually approach that guy you've worshipped from afar. Everyone will love this more outgoing you.

aquarius

January 20–February 18

Communicative Mercury is strong in your chart between May 11 and 29, and you'll be consumed with an amazing new idea that's going to transform your life. If you've been thinking about starting something online, like your own blog, now is the time to get on board. People actually do want to hear what you have to say.

pisces

February 19–March 20

It's not like you to be reckless, but the full moon on May 2 will make you a little more adventurous—and prompt you to plan an outdoorsy expedition. You may have a few bumps and bruises to show for it by the end of the month, but the moon in your sign on May 10 shows that you'll also develop a few strong new friendships.

aries

March 21–April 19

On any given day you have twice as much energy as most other people—but when Mars enters your sign on May 15, your stamina will be through the roof. What are you going to do with it all? Here's a thought: You know that New Year's resolution that never got off the ground? The stars say that *now* is the right time to get serious about it.

may astro news: Neptune, the planet of imagination, will bring a wave of interesting new movies, books, concerts, and TV shows that you won't want to miss. But don't get so wrapped up in fantasyland that you lose focus on reality—the key this month is *balance*.



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